Expression of Appreciation

This is the third volume of ***"Jackie's Friends and Family Cookbook"*** dedicated to our beloved Sister, Jacqueline Marie Brantley. The first two volumes, published in 2007 and 2014 were for the benefit of EnAble of Georgia where Jackie was a resident. This third volume is for the benefit of Annandale Village ("Anniebelle" in Jackie-language) with our deepest thanks and appreciation.

Jackie was born developmentally challenged in 1950, and was raised by her mother and father, Mimi and Haskew alongside sisters Lynn and Susu, and brother Dave. When she became an adult, her father, state senator Haskew Brantley, together with Ginny Riley and Myron Seagraves, also parents of children with developmental disabilities, founded what would eventually become EnAble of Georgia. Jackie was able to move into the first group home in 1985 and to all our surprise and joy, she blossomed in her new more independent life.

Like everyone, as she aged Jackie's health slowly deteriorated, and in 2015 she experienced a terrifying heart infection (myocarditis). Because EnAble does not have medically trained staff or a progressive living plan for their aging and ill population, they could no longer give Jackie the care she needed, and she had to leave her group home of 30 years. After several months of home care, we took Jackie to visit her longtime friend and group home roommate at EnAble, Debbie Bentley, who was convalescing at Annandale. When we went through the Arch, we immediately hoped we had found Jackie's new home. After visiting Debbie at D. Scott Hudgens, we went straight to the administration building and scheduled an assessment, and Jackie was soon living in the new Keith Keadle Center for Continued Care assisted living program. At that point we knew God had guided us to Annandale.

The staff quickly recognized that Jackie required more care than assisted living, and she transferred into D. Scott Hudgens Center for Skilled Nursing. It is impossible to overstate how well cared for Jackie is, and Jackie and her family have never been happier. The kindness and love Jackie receives from everyone is so heartfelt.

We want to thank everyone at Annandale for enriching Jackie's life through the numerous programs like D. Scott's wonderful physical and occupational therapy, personalized visits to Jackie's regular dentist and cardiologist, weekly visits from Dr. Desai on campus, and the best nursing care from professionals who specialize in the care of adults with developmental issues and acquired brain trauma – now all of whom are Jackie's "best friends" that she loves "whole, wide world". She has met new friends and participates in The Extra Mile 5K Run each year with a dedicated team of family members, friends and church members; she creates beautiful arts and crafts, plays (and WINS) Bingo, enjoys singalongs and special events like Ice Cream Socials, Ryan Brolliar's visit from Music is Medicine concert, and special Pizza or Chick-fil-A lunches brought into campus on special holidays. Her life is rich, full and healthy and Jackie's family can rest assured that she is happy and receiving the best care available. We thank EVERYONE at Annandale Village.

Ever since Jackie was a little girl – and she was the oldest of four kids – we all took turns saying the blessing before dinner. The recipes in this book all deserve to be blessed, in every denomination or spiritual moment, with Jackie's special blessing which we still use today, breakfast, lunch and dinner. These are her simple but eloquent words:

"All God, All Food, All Men"

Finally, we would like to thank all the individuals who submitted these fantastic recipes and photographs for this cookbook. They are all treasures and symbols of your kindness and support of Jackie and all the individuals who are served by the professionals and programs at Annandale Village.



Tucked away on a beautiful 55-acre campus 30 miles northeast of downtown Atlanta, Annandale Village is a special place where men and women with intellectual and developmental disabilities lead lives that reflect quality, independence, self-worth and achievement with the utmost care and compassion.

As a community where people can age in place, Annandale Village offers a comprehensive array of programs and services designed to improve the quality of life of each individual served according to his or her own unique needs and abilities. Characteristically, individuals served at Annandale Village are 18 years of age or older with a primary diagnosis of an intellectual or developmental disability, and those that have experienced an acquired brain injury.

Residential Services: Residential options range from community-based independent living to on-campus independent apartments, cottage homes, two assisted living centers and the D. Scott Hudgens Center for Skilled Nursing. All options create a comfortable, attractive and secure environment.

Community Access Day Programs: Designed for individuals who reside with loved ones in the surrounding area, community access day programs offer a wide variety of structured activities, supportive instruction and meaningful life experiences that enhances independence and encourages community engagement.

Independent Living Program: Annandale's Independent Living Program provides a comprehensive range of residential, vocational, recreational and social supportive services in an environment that fosters lifelong skills acquisition, community integration and independence.

Life Enrichment Programs: Annandale offers families the security of knowing their loved one will be provided a well-rounded life experience – with opportunities for success and growth in all areas – daily living, life skills, work, socialization, leisure activities, health and wellness and the creative and performing arts.

D. Scott Hudgens Center for Skilled Nursing: Recognized as one of the top skilled nursing centers in the United States, the D. Scott Hudgens Center for Skilled nursing provides comprehensive care to individuals experiencing a decrease in independent living skills due to aging and/or characteristics of their disability.

Health and Social Services: On-site health services offers peach of mind to families and loved ones. As a result, Annandale's Health Services Department is committed to ensuring the highest level of care to meet the changing health and medical needs of individuals served across his or her life span.

Our Mission: The mission of Annandale Village is to provide progressive life assistance to adults with developmental disabilities and acquired brain injuries so that they can maximize their abilities and maintain their independence in the least restrictive environment.

Core Values:

- People with developmental disabilities and their families come first in everything we do.
- Commitment to excellence and professionalism are key tenets at all levels of our organization.
- We are one team with one vision and one mission working together.
- Collaboration and partnership within our organization, and with others who share our vision and values, are keys to our sustained success.
- Integrity, honesty and ethical behavior guide all our endeavors.
- Diversity of ideas, cultures, ethnicity and backgrounds strengthen our efforts.
- Financial strength enables us to accomplish our goals.

Annandale VILLAGE

TO DONATE: Go to the web site: **annandale.org/donate**

TO VOLUNTEER: Go to the web site: **annandale.org/volunteer**

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Appetizers

Black Eyed Pea Hummus

Lynn Brantley, Glenbrook, Lake Tahoe, NV

3 cloves garlic
¼ cup lemon juice
1/3 cup tahini
1 tsp cumin
½ tsp salt
½ tsp paprika
1/8 tsp cayenne pepper
2 cans BE Peas, rinsed and drained
5 TB EVOO
2 TB green onion
1 TB chopped parsley
Freshly ground pepper to taste

Place everything but EVOO in food processor and mix; slowly add EVOO and blend until smooth. If the mixture is too thick, add tablespoonfuls of water until you reach desired thickness. Test for flavor balance and adjust to your taste.



Our happy, beautiful girl, Jackie

Creamy Southwest Black-Eyed Pea Dip

Lynn Brantley, Glenbrook, Lake Tahoe, NV

(2) 15-oz. cans black-eyed peas rinsed
8-oz. package cream cheese
1-1/2 TB fresh lime juice, divided
1 tsp hot sauce
½ tsp kosher salt, divided
1 TB EVOO
1 cup diced ham
¼ cup diced roasted red bell pepper
8-oz. package cream cheese
1 cup chopped tomatoes
2 TB finely chopped cilantro
1 TB finely chopped jalapeno
¼ cup finely chopped scallions
Tortilla Chips

Preheat oven to 375 degrees. Process cream cheese, black-eyed peas, ½ tsp lime juice, hot sauce and ¼ tsp salt in food processor until creamy and smooth. Place in mixing bowl. Stir remaining black-eyed peas, diced ham, scallions, bell pepper, and 4 oz. (about 1 cup) Monterey Jack cheese into the cream mixture. Spread mixture into a lightly greased, 2-quart baking dish. Sprinkle with remaining 4 oz. cheese.

Bake, covered, with aluminum foil, in preheated oven 20 minutes. Remove foil, and bake another 10-15 minutes until hot and bubbly. Let stand 10 minutes. Stir together tomatoes, cilantro, EVOO and jalapeno, remaining 1 TB lime juice, and remaining ¼ tsp salt in small bowl. Top black-eyed pea dip with tomato mixture using a slotted spoon. Serve with tortilla chips.



Jackie's Mom & Dad, Mimi and Haskew, Sea Island, GA 1948
Two years before Jackie was born.

Easy Stuffed Mushrooms with Sausage and Pesto

Mary Truitt, Decatur, GA.

8 oz. – 1 lb. small white mushrooms
4-8 oz. Jimmy Dean's sausage
EVOO spray
1 pkg. 4-Mexican Cheese (grated)
1 Deli pkg of Pesto

Preheat oven to 350 degrees. Line a cookie sheet with aluminum foil and spray with EVOO. Wash and stem the mushrooms. Ideally, the mushrooms are small enough for just one bite as a two-biter can be pretty messy.

Brown the sausage and drain well. Place a dab (1/8-1/4 tsp) of the pesto in the bottom of each mushroom and place on the cookie sheet. Add a scoop of the crumbled, browned sausage and top with shredded cheese blend. Bake 15 minutes or so until bubbly and mushrooms are tender. Serve immediately. This is a great, very easy appetizer.



"Mert", who helped raise us as kids, at Jackie's condo in Roswell, 2014.
Jackie was 12 when Mert first came to the Brantley family.

Edamame Hummus

(Bon Appetit 12/2011)
Janet Lundblad, Pasadena, CA.

(2) 10-oz. pkgs frozen edamame
Kosher salt
(1) 10-oz. pkg frozen peas
½ cup fresh lemon juice
½ tsp ground coriander
¼ tsp ground cumin
¾ cup EVOO, extra for drizzling
¼ cup chopped cilantro
¼ cup chopped fresh mint
2 tsp minced garlic
Endive spears
Freshly ground black pepper

Cook edamame in large pot of boiling water until tender, 3-5 minutes. Using a slotted spoon, transfer to a large bowl of ice water. Return water to a boil and add peas; cook until heated through, about 1 minute. Transfer peas to bowl with edamame; let cool, drain well.

Working in batches, pulse beans and peas in a food processor until a coarse puree forms, about 30 seconds. Transfer to a medium bowl and stir in juice, garlic, coriander and cumin. Gradually stir in ¾ cup oil; mix well. Stir in ¼ cup cilantro and ¼ cup mint. Season with salt and pepper.

Transfer to serving bowl; drizzle with oil and garnish with more herbs. Serve with endive spears.



Janet Lundblad with Doug Tuttle (Jackie's brother-in-law) at Lake Tahoe

Egyptian Hummus

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

1 can chickpeas rinsed and drained
2 TB EVOO
2 TB Tahini
3 TB lemon juice
¼ tsp+ salt to taste
½ tsp cumin
Pinch of cayenne pepper
1 clove minced garlic
½ TB chopped parsley
½ TB chopped basil
½ TB chopped cilantro
water

In a food processor add chickpeas, EVOO, tahini, lemon juice and salt. Process until smooth. If too dry add a little water, extra EVOO and/or lemon juice until you reach your desired texture.

If you would like a little extra spice, you can add a jalapeno pepper into the mix when you process. Serve cold in a bowl with warm pita bread, raw vegetables or chips. Sprinkle hummus with finely chopped herbs and a little EVOO to serve.



Jackie's nieces, Mimi and Michelle Lipson in Africa

Egyptian Spiced Prawns

Lynn Brantley, Glenbrook, Lake Tahoe, NV

1-1/2 TB butter
1-1/2 TB EVOO
3 cloves garlic, minced
1 TB sweet paprika
1 tsp ground cumin
1/8 tsp cayenne
1 tsp fresh grated ginger
1-1/2 lbs. raw shrimp (peeled and deveined)
1/8 tsp sea salt
2 TB fresh chopped cilantro

Heat EVOO and butter in large skillet. Add garlic, paprika. Cumin, ginger and cayenne. Cook over medium heat until fragrant (about 2 minutes). Add shrimp and cook stirring until they turn pink on both sides (about 4 minutes depending on the size of the shrimp). Add salt and stir in cilantro. Remove to a warm platter and serve with toothpicks.



Jackie's mom and dad, Haskew and Mimi, on their wedding day, September 11, 1948

Fig and Walnut Tapenade with Goat Cheese

Janet Lundblad, Pasadena, CA.

1 cup chopped, stemmed, dried Calimyrna Figs
1/3 cup water
1/3 cup pitted Kalamata olives
Assorted crackers
1 TB drained capers, chopped
(2) 5.5 oz. logs goat cheese cut across into ½" rounds
½ cup chopped toasted walnuts
Fresh thyme sprigs (optional)
2 TB EVOO
1 ½ chopped fresh thyme

Combine chopped figs and 1/3 cup water in heavy medium saucepan. Cook over medium high heat until liquid evaporates, and figs are soft, about 7 minutes. Transfer to medium bowl. Mix in olives, EVOO, balsamic vinegar, capers and chopped thyme. Season tapenade to taste with salt and pepper. Do Ahead: Can be made 2-3 days ahead, cover and refrigerate. Bring to room temperature before serving.

Arrange overlapping cheese rounds in a circle around center of medium platter. Stir chopped nuts into tapenade; spoon into center of cheese circle. Garnish with walnut halves and thyme sprigs. Serve with assorted breads and crackers.



Lynn Brantley (Jackie's Sister), Janet Lundblad and Hilary Clark
At Lone Eagle Grill, Lake Tahoe, CA.

Frittata Bites with Chard, Sausage & Feta

(From Bon Appetit 6/2010)

Janet Lundblad, Pasadena, CA.

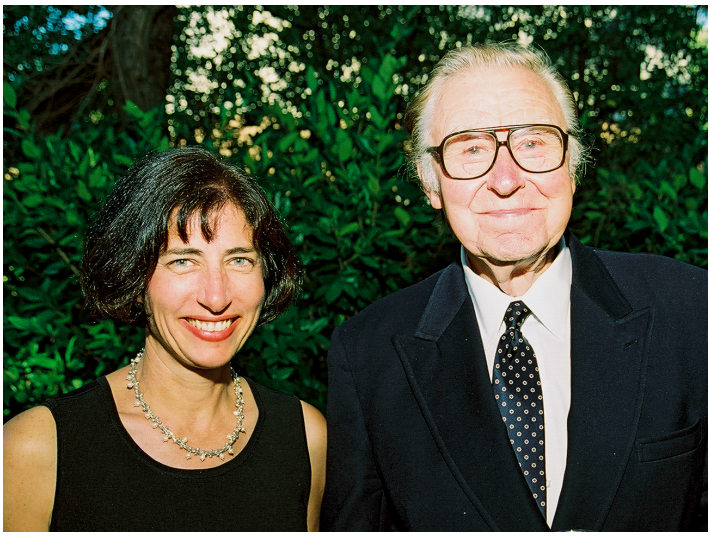
Nonstick Vegetable Oil Spray
12- oz. bunch Swiss chard
remove stems, center, ribs
1 TB EVOO
1 cup chopped onions
8 oz. loose, mild Italian sausage
8 large eggs
¼ cup heavy whipping cream
½ tsp freshly ground pepper
1 pkg crumbled feta cheese
Fresh Italian parsley leaves

Pre-heat oven to 325 degrees. Spray 8X8" glass baking dish with nonstick spray. Bring large pot of salted water to boil. Add Swiss chard and cook just until wilted, about 2 minutes. Drain. Finely chop chard, then place in kitchen towel and squeeze dry. Set aside.

Heat EVOO in large nonstick skillet over medium high heat. Add onion to skillet and sauté until soft, about 4-5 minutes. Add sausage and sauté until brown and cooked through, breaking up with a fork., 5-7 minutes. Remove from heat and cool.

Whisk eggs, cream, salt and pepper in large bowl to blend. Add chard and sausage, then feta; stir to blend. Transfer mixture to prepared baking dish.

Bake frittata until set in the center, about 45-55 minutes. Transfer baking dish to a rack and cool 15-2- minutes. Place plate over baking dish; invert again onto serving platter so that frittata is right side up. Cut into 20 even, squares.



Jane and her father in-law Ed Lundblad, Ross CA, 2005

Garlicky Spinach Dip with Hearts of Palm

Karen Werner, Stone Mountain, GA.

For the Chips:

22 6-inch corn tortillas (cut into 8 wedges)
Cooking Spray
1 tsp salt

Pre-heat oven to 375 degrees. Arrange tortilla wedges in a single layer on baking sheets coated with cooking spray. Lightly coat wedges with cooking spray, sprinkle evenly with salt. Bake at 375 degrees for 15 minutes or until wedges are crisp and lightly browned.

Reduce oven to 350 degrees.



Kara Werner, Annandale Village, Suwanee, GA.

For the Dip:

1-1/4 cup grated Mozzarella cheese
½ cup grated Asiago or Parmesan
½ cup fat-free sour cream
10-oz. frozen chopped spinach
8-oz. fat-free cream cheese
1 TB minced fresh garlic

14-oz. can hearts of palm, drained and diced
6.5-oz. tub light garlic and herb spreadable cheese (like Alouette)

Combine mozzarella, ¼ cup Asiago, sour cream, and remaining ingredients until well blended. Thaw and drain spinach and spoon mixture into a 1-1/2 quart baking dish coasted with cooking spray. Sprinkle with remaining ¼ cup Asiago. Bake at 350 degrees for 40 minutes or until bubbly and lightly browned. Serve warm with chips.



Kara Swimming at the Rec Center, Annandale Village

Goat Cheese Torte with Sundried Tomatoes and Pesto

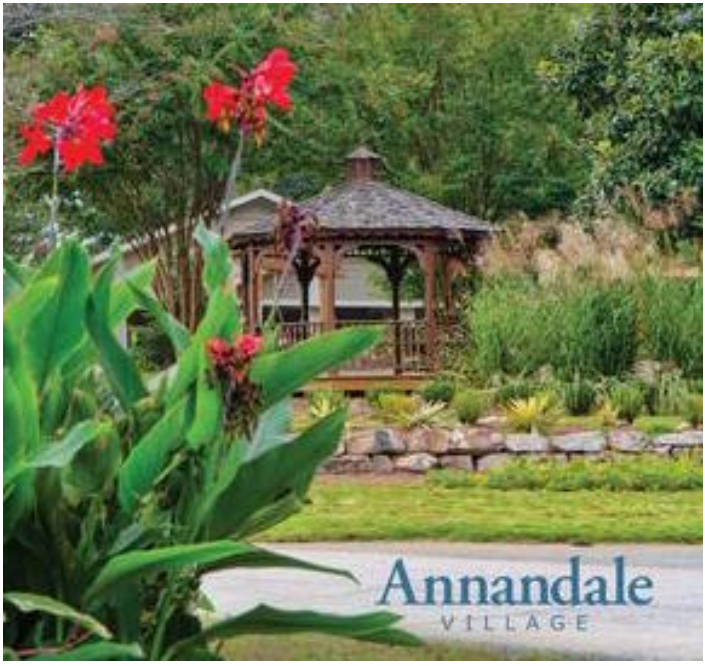
Lynn Brantley, Glenbrook, Lake Tahoe, NV.

Soft goat cheese (like Cypress)
Jarred Sundried tomatoes in olive oil, rinsed, drained, diced
Deli container of pesto (or homemade)

In a small bowl or glass or measuring cup, place a liner of plastic wrap so that it extends over all the sides to cover the torte after it is assembled. Then you will be able to invert the torte after it has chilled.

On the bottom of your bowl place a ½" layer of chopped sundried tomatoes. Next, shape ½" layer of goat cheese to place on top of the tomatoes; finally a ½" layer of pesto. Repeat as often as necessary to make the torte as thick as you desire. Cover the torte with the ends of the plastic wrap and refrigerate until ready to use at least 2 hours.

Invert your bowl and use the plastic wrap to help you remove the torte from the bowl on to your serving platter. Serve with assorted crackers and bread.



Jackie and Lynn in Annandale's annual Extra Mile 5K run, 2015

Green Pea Hummus

Karen Webster, Cofounder, Healthy Seminarians, Decatur, GA.

2 cups Green peas
¼ cup well-stirred tahini
¾ tsp + ground cumin to taste
½ cup+ fresh cilantro leaves to taste
1-2 garlic cloves, to taste
Good Quality Olive Oil (Columela)
Fresh lemon or lime juice and zest

If using fresh peas, boil gently for 6 to 10 minutes. Drain well. If using thawed frozen peas skip this step. Place all ingredients in food processor and process to a smooth paste. Taste and add more lime or lemon juice or zest to taste. With processor on, add olive oil in a slow stream until hummus is silky smooth, about ¼ cup. Taste and add kosher salt and cracked pepper to taste. Enjoy; refrigerate any leftovers.

Don't worry if you get a few cilantro stems in the mix. They have good flavor and will puree in the food processor.



Karen and Travis running at Edisto Island, GA

Hog Island BBQ Bourbon Chipotle Butter Oysters

www.hogislandoysters.com Marshall, CA.

Douglas Tuttle, Glenbrook, Lake Tahoe NV

For 50 Hog Island Sweetwater Oysters

Chipotle Butter:

1 lb. butter, unsalted, softened
½ cup brown sugar
¼ cup bourbon
2/3 cup peeled garlic, diced
10-oz. can of chipotle chilies in (adobo sauce, chopped)

In medium bowl, dissolve the brown sugar in the bourbon. Combine butter, brown sugar/bourbon mixture and the other ingredients in medium bowl and mix well (though it will remain a bit lumpy in texture). You can use food processor if desired. Refrigerate the butter at least an hour before using. You may store the butter in the mixing bowl and scooping it out by the spoonful as needed.

Oytsers:

When ready to BBQ, fire up your grill to medium hot. Shuck the oysters (on the half shell) and remove the butter from the fridge. Place a pat-sized piece of butter on top of each shucked oyster and place them on the grill. The butter will melt and begin to sizzle, for about one minute or so. Remove from the grill, let cool briefly and enjoy with crusty French bread so you don't miss any of the "liquor".



Jackie's brother-in-law, Doug at Hog Island Oysters in San Francisco, CA.

Hot King Crab Dip

Jana Leiner, Smyrna, GA.

1 can Alaskan crab meat, drained
1 large pkg cream cheese
Small amount of sliced almonds
milk to soften cream cheese
½ TB horseradish

Preheat oven to 325 degrees.

Blend together cream cheese and milk until smooth. Combine crab meat with cream cheese mixture and horseradish. Put in small oven dish, sprinkle with sliced almonds and bake for 20-25 minutes. Serve with seeded crackers.



Jana and Gary Leiner with their kids, Johnathan and Lindsay

Italian White Bean Dip

June Denny, Nutritionist, South Lake Tahoe, NV

(1) 15-oz. cannelloni beans
¼ cup chopped sun-dried tomatoes
¼ cup basil leaves
1 TB white balsamic vinegar
2 cloves garlic
1 large green onion
2/3 cup fat free sour cream
½ tsp sea salt

Puree all ingredients in a food processor until smooth, leaving some small pieces of vegetables. Refrigerate and allow an hour for flavors to blend.



Jackie's sister Sue and brother-in-law, Danny, having a picnic with Jackie at "Anniebelle"

Mango Crab Stacks

Candace Lockhart, Chef/Owner Bella Tahoe Catering,
www.bellathoe.com
South Lake Tahoe, CA.

1/3 cup plus 2 TB mayonnaise
1 ¾ tsp wasabi paste
6 oz. lump crabmeat
Kosher salt
1 small red bell pepper, seeded & diced
2 TB fresh lemon juice
3 large ripe mangoes, sliced ¼"
Loaf white bread, sliced & toasted
2 TB chopped cilantro

In a medium bowl, combine mayo and wasabi. Remove ¼ cup mixture and reserve in a separate bowl. Add crabmeat, bell peppers, cilantro and lemon juice to the remaining mayo and mix well. Add salt to taste; cover and refrigerate.

Use a 1½" round cookie cutter to cut rounds from mango slices and toasted bread slices. Cut whatever mango is left into small pieces for garnish. Spread reserved wasabi mayonnaise on the toasted bread rounds. Top with a round of mango, top that with 1 tsp crabmeat salad; then garnish with diced mango. Serve immediately.



Candace with son Noah and Charley

Mushrooms stuffed with Sausage and Pesto

Lynn Brantley, Glenbrook, Lake Tahoe NV

8 oz. – 1 lb. small white mushrooms
1 Deli pkg. of Pesto
1 pkg. grated 4 cheese Mexican Blend
4-8 oz. Jimmy Dean's sausage
EVOO

Preheat oven to 350 degrees. Line a cookie sheet with aluminum foil and spray with EVOO.

Brown the sausage and drain well. Wash and stem the mushrooms. Ideally, the mushrooms are small enough for just one bite as a two-biter can be pretty messy.

Arrange the mushrooms on the cookie sheet, and place a dab (1/8-1/4 tsp) of the pesto in the bottom of each mushroom. Add a scoop of the browned sausage and top with shredded cheese blend.

Bake 15 minutes or so until bubby and mushrooms are tender. Serve immediately. This is a great, very easy appetizer.



Alberta Daniel, Lynn and Jackie, St. Simons Island 2019

Oven-Roasted Oysters with Cheese and Bacon

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

12 oysters, shucked, on the half shell with muscle cut & juice in shell

4 slices bacon, drained & crumbled
3 large TB softened cream cheese
4 TB grated Parmesan Cheese
1 tsp butter
2 TB grated white or yellow cheddar
3 TB fresh chopped shallots
1 TB finely chopped jalapeno
1 tsp EVOO

Pre-heat oven to 350 degrees.

Place shucked oysters on Cookie sheet. Heat the butter and EVOO in small frying pan and cook the shallots slowly until they begin to caramelize. Add the jalapenos and continue to cook until tender. Remove from heat.

Combine softened cream cheese, shallot and jalapeno, cheddar cheese and crumbled bacon. Spoon about a tsp+ onto each of the raw oysters on the half shell. Sprinkle each with grated parmesan cheese. Bake 8-10 minutes until edges and cheese begin to sizzle and brown. Oysters should be steamed, juicy and tender, not overcooked or tough. Serve immediately.



Jackie's mom, Mimi swimming at The Sea Island Club, circa 1946

Oysters Two Ways:

Douglas Tuttle, Glenbrook, Lake Tahoe, NV.

Doug's Fresh Grilled Oysters:

Serves: 4

24 Fresh oysters*, shucked on the Half shell, muscle cut, & juice in shell

1 stick of butter
Lemon
Small grill rack (optional)
4 cloves garlic, minced
Sliced French baguette

* We prefer Hog Island Sweetwater oysters from Marshall, CA. Not too big (single biters), with a deep shell and crisp meat.

Pre-heat grill to low. Carefully place oysters directly on grill or the rack so that they stay upright and don't spill their juice. Melt butter and garlic, add lemon juice, and spoon into each oyster shell. Oysters should simmer, not boil over. Cook until opaque, firm and plump about 5-7 minutes. Serve immediately with French baguette or by themselves.



Jackie's nephew, Chris and his wife, Kerry at dinner At Milton's in Alpharetta, GA.

Raw Oysters with Hog Wash:

Serves 4:

2 dozen fresh shucked oysters
½ cup sweet rice vinegar
1 TB lime juice
2 tsp finely diced jalapenos
3 TB chopped fresh cilantro

Combine all the ingredients for the dressing and serve with cold, fresh Hog Island Sweetwater Oysters.



Jackie having dinner with her nephew, Andrew Lowell at her condo in Roswell, GA.

Peach and Pepper Relish

Tara Farrah, Glenbrook, Lake Tahoe, NV.

2 hot red peppers (up to 4 for spicy)
12 sweet red peppers
1 cup wine vinegar
12 large peaches, peeled and chopped
1 tsp salt
2 lemons, cut in half
5 cups sugar

Put peppers in food processor seeds and all and process until medium chopped. Add to peaches, vinegar and salt in large a large preserving kettle. Add lemon halves. Boil gently for ½ hour. Remove lemons and add sugar. Boil ½ hour longer or until mixture is thick. Bottle and seal with paraffin wax.

This is excellent served over cream cheese, Brie or Camembert. Also good mixed with cream cheese as a dip for crudités. Wonderful with chicken or pork, too.
Makes 6-10 jars



Pat and Tara at "The Lucky Beaver" for Pat's 75th birthday, 2019

Pecan and Mushroom Pate

Karen Webster, Cofounder Healthy Seminarians, Decatur, GA.

½ cup dried porcini mushrooms (or shiitakes)
1 cup pecans
1 tsp chopped rosemary
1 tsp light miso
2 TB EVOO
1 cup boiling water
½ TB fresh lemon juice
½ lb. Portobello mushrooms
2 dry sundried tomato halves
2 TB tamari sauce
½ TB nutritional yeast

Soak pecans in water for about an hour. Put dried mushrooms in bowl and cover with the cup of boiling water. Let soften for about 15 minutes. Rub to remove grit, and transfer to small bowl. Reserve liquid. Cut Portobello caps in half and trim off dark gills from underside. Slice caps into ¼" slices. In a bowl, whisk tamari, EVOO, nutritional yeast, lemon juice, rosemary and miso. Add sliced Portobellos and toss to coat. Let stand 15 minutes, tossing occasionally.

In a small saucepan, combine soaked porcini and sundried tomatoes. Slowly pour in porcini soaking liquid, stopping before grit at bottom. Bring liquid to a boil, cover and simmer over low heat until tomatoes are tender, about 4 minutes.

Drain pecans and transfer to food processor. With slotted spoon, transfer marinated portobellos, porcini and tomatoes to food processor and puree to a coarse paste, adding about 1/3 cup porcini liquid. Add more as needed. Season with salt if necessary. Serve with assorted breads and crackers.



Karen's brother, David, his son, Bennett and Karen's dad, Jim at Lake Tahoe, 4th of July, 2018

Pico de Gallo

Diann Van der Put, Oak Park, IL.

1 large tomatoes, seeded, chopped
2 TB cilantro leaves, chopped
Juice of 1 lime
3 TB EVOO
Salt and pepper to taste
1 bell pepper, diced (red or green)
1 clove garlic
1 small-medium onion
Splash of water
1 jalapeno pepper, seeded and diced

Mix all ingredients together in a mixing bowl. Transfer to serving bowl and enjoy with your favorite tortilla or chips, or use it as a topper to meat, fish or potato. This recipe is very forgiving. Sometimes I add scallions or a Serrano pepper for extra heat and flavor.



Van der Put Kids: Berend, Lily and Tjis in Oak Park, IL, 2012

Pimento Cheese Spread

Lynn Brantley, Glenbrook, Lake Tahoe, NV

½ cup roasted bell peppers, diced
2 cups grated sharp cheddar cheese
1 tsp Worcestershire Sauce
½ - 1 diced jalapeno pepper
½ cup sour cream
Salt to taste
½ cup mayo
½ tsp onion juice (to taste)
½ cup shredded Parmesan cheese
¼ cup cream cheese
¼-½ tsp Garlic Powder

In large bowl, combine cheddar, parmesan, cream cheese, sour cream and mayo. Remove liquid from jarred roasted red peppers by pressing between paper towels. Finely chop and add to the mix. If using fresh just finely dice and add.

To make onion juice, place sliced onions in your garlic press and press out the onion juice – a little onion in the juice is fine. (You can use rehydrated dried onions.) Combine onion juice, Worcestershire Sauce, salt and jalapeno pepper to cheese mixture. Continue to stir until well-mixed.

I like to leave the pimento cheese mix at room temperature so let it rest and melt together a little for an hour or so. Taste, and you may want to add more peppers or mayonnaise (depending on your taste) and balance salt.

Pimento cheese will keep in refrigerator at least a week and freezes pretty well. Great spread on Ritz crackers, on grilled cheese sandwiches or hamburgers, stuffed celery sticks, or toasted on corn bread.



Sisters, Sue Lispon, Jackie Brantley and Lynn Brantley

Pumpkin Pickles

Karen Webster, Cofounder Healthy Seminarians, Decatur, GA.

3 cups pumpkin, peeled and cubed
1 tsp coriander seeds (crushed)
2/3–1 cups sugar
¾ cups cider vinegar
2 cinnamon sticks, broken
6 black peppercorns
¼ tsp ground allspice
¼ tsp Kosher salt
8 whole cloves
1 cup water

Combine sugar, vinegar and water in a pan over medium high heat. Put spices into spice bag or square of cheese cloth. Add to liquid and bring to a boil. Simmer 5 minutes before adding pumpkin. Bring back to a boil. Reduce heat and simmer 10-15 minutes, stirring gently until pumpkin is tender but not mushy.

Using slotted spoon, remove pumpkin to another bowl. Bring liquid back to a boil and reduce to 1 cup. Let cool to room temperature then pour over the pumpkin tossing to coat. Remove spice bag. Ladle into jars and refrigerate for 1 month. Goes well with cheese or in salad with nuts and greens (or just by themselves).



Karen and Travis after the "Running with the Monks Race"

Queso Dip

Jerry Doyle, Glenbrook, Lake Tahoe, NV.

1½ cans plain Rotel Tomatoes
1 pkg Jimmy Dean Hot Sausage
1 block of Velveeta
Beer

Cook and crumble the sausage. Cut Velveeta into cubes and add Rotel and Velveeta to sausage. Melt and add beer to smooth out cheese mixture. Serve warm with assorted chips and breads.



Jackie Brantley, winner of the Annandale Extra Mile 5K Run, 2017

Quick Pickled Vegetables with Avocado Aioli

Meka Truitt, Decatur, GA.

For the Pickles:

Any combination of vegetables to fit in jars or Tupperware, cut in regular crudité sticks: Carrots, Onions, Zucchini, Sun chokes, Seeded Cucumbers, Bell Peppers, Yellow Squash, Cauliflower, String Beans, Radishes PLUS 1 sprig of fresh dill.
Combine in saucepan, enough to cover the vegetables:

1 ¼ cup cider vinegar
¾ cup water
1 TB mustard seed
1 tsp coriander seed
1 tsp black peppercorns
¼ cup sugar
2 TB kosher or sea salt
1 bay leaf
½ tsp dried dill

Bring to a boil, and cook until sugar and salt dissolve. Remove from heat. Let cool slightly – still warm, but not hot. Pour over vegetables, cover and refrigerate until ready to serve.

Avocado Aioli Dip:

1 avocado, peeled and diced
1 tsp EVOO
1 tsp mayonnaise
1 TB fresh lemon juice
2 cloves (or 1 large) garlic, minced
Salt and fresh ground white pepper
1 TB white balsamic vinegar
1 TB fresh basil

Combine everything in food processor and blend until smooth and creamy. Taste and balance flavors. Keeps in refrigerator for about a week. Also great as a dip for steamed/roasted artichokes.



Mert (Mary Truitt) and Jackie

Roast Beef Crostini with Chimichurri

Kathy Meek, Lodi, CA.

2 cups Italian Parsley
1 cup EVOO
3 TB red wine vinegar
4 garlic cloves
½ - 1 lb. deli sliced roast beef
½ tsp salt
2 shallots
¼ cup water
½ tsp red pepper flakes
Toasted Baguette slices

Combine all ingredients EXCEPT roast beef in food processor and blend well with still a little texture. Serve on toasted baguette slices, with roast beef, topped with chimichurri.



Kathy and John Meek, 50th Wedding Anniversary, Napa, CA

Shiitake Mushrooms with Foie Gras and Sauterne-Butter Sauce

Douglas Tuttle, Glenbrook, Lake Tahoe, NV.

12 medium shiitake mushrooms, cleaned with stems removed

½-1 cup Sauterne
½ cup water
***6 oz. fresh foie gras, cut in 12 pieces**
4.0 oz or 1 stick Butter

* Or less expensive substitute like Monbazilliac or a Desert wine

Place mushrooms upside down on a cookie sheet. Each cap receives a pat of butter. Partially fill cookie sheet with water and half the sauterne just touching each. Bake at 325 F° for 10 minutes. This cooks each mushroom cap in butter and the wine.

Remove from oven and place each piece of foie gras on a mushroom cap. Return to the oven until the foie gras is warmed through or melted a little if you prefer. Make sure the mushrooms are cooked to your taste and foie gras is at least warm.

Drain juices from cookie sheet into small skillet and, over medium-high heat, add the rest of the wine and reduce. Once you have just enough liquid to cover all 12 mushrooms, whisk in butter to thicken the sauce. Place 3 mushrooms on each plate and drizzle with wine-butter sauce. Serve immediately.



Doug, Jackie's brother in-law, introducing speakers for the Berkeley Center for Theoretical Physics, Tahoe Summit 2013

Rosemary Roasted Nuts

Patricia and Tom Webster, Spartanburg, S.C.

2½ cups walnut or pecans halves
1 TB butter
2 TB finely chopped rosemary
½ tsp cayenne pepper
2 tsp brown sugar
2 tsp sea salt

Toast the nuts in the oven at 350 degrees. Watch carefully so they do not burn. When they are fragrant and lightly browned, remove them from the oven.

Melt the butter in a heavy skillet; add nuts and toss to coat. Add remaining ingredients and stir to coat nuts. Spread nuts on a parchment-paper-lined sheet pan to cool.

This recipe seems to turn out differently every time. Have more of every seasoning on hand and just adjust to the flavor you like. These are delicious and worth the time it takes to get them right!



Travis Webster's Mom and Dad in Spartanburg, S.C.

Salmon Party Ball

Nancy Elkins, Lutz, FL

1 lb. can Red Salmon
8-oz. cream cheese
1 TB lemon juice
2 tsp horseradish
½ tsp liquid smoke
1 TB minced onion
¼ tsp salt
½ cup finely chopped pecans
3 TB parsley flakes

Drain and flake the salmon, removing bones and dark meat. Combine cream cheese, lemon juice, onion, horseradish, salt and liquid smoke. Stir in the salmon. Chill 2 hours. Combine nuts and parsley.

Shape the salmon mixture into a ball. Roll in the nut/parsley mixture and chill well. Serve with assorted crackers.



Nancy's Cousins and Jackie's Aunt and Uncle Bob and Pat Laughlin
At Jackie's house for Nancy's Wedding Weekend

Shrimp Fritters with Pineapple Jam

Lynn Brantley, Glenbrook, Lake Tahoe NV.

Shirmp Fritters:

1 lb large shrimp peeled & deveined
1 tsp baking powder
Salt to taste
Cayenne pepper to taste
½ cup flour
1 TB each dry thyme, fresh cilantro
½ cup chopped onions
Emeril's Seafood essence 2-4 tsp
1-2 TB Canola Oil½ cup milk
1 TB minced garlic
2 eggs, beaten
Cooking Oil

Chop shrimp into ½" pieces, place in bowl and season with essence (1-2 tsp). Heat oil in skillet and add onions and Emeril's essence, and sauté for 3-5 minutes until wilted. Add shrimp to onion sauté until they turn pink, 2-3 minutes. Stir in garlic until fragrant and remove from heat.

Combine egg, milk, baking powder, ½ tsp salt, 1/8-1/4 tsp cayenne, flour. Beat batter until smooth. Add parsley and cilantro; combine, then add shrimp mixture.

You can deep fry the fritters in solid oil (like Crisco) or fry them in a small amount of canola oil (my preference). Arrange the shrimp mixture into patties and cook until browned on one side, turn and brown the other. Serve with pineapple jam, below.



Jackie's brother Dave and sister Lynn: "You're Drivin' me Crazy!"

Pineapple Jam:

1 cup fresh pineapple ½"chunks
1 whole orange cut into segments
1-2 kiwis, peeled and cubed ½"
1 TB finely chopped fresh mint
1 tsp freshly grated ginger
Red pepper Flakes to taste
1/3 cup sugar
¼ tsp butter

Combine all ingredients EXCEPT butter in a saucepan, stir to combine and allow to sit 2 hours.

Bring mixture to a boil and cook, stirring frequently, for 30-40 minutes until the foam begins to dissipate and mixture thickens. You will be able to see clear jam below. Add butter an continue to cook for 5 minutes. Let cool until ready to use. Can be made ahead and refrigerated.



Too Late, you're already crazy!

Shrimp Potstickers

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

Serves: 8 for appetizers, or 4-6 for dinner

1 ¼ lb large shrimp, peeled, deveined and diced

2 TB sesame oil
½ cup grated carrot
2 cups finely sliced Napa cabbage
½ cup sliced scallions, divided
4 tsp chili garlic sauce
5 TB low sodium soy sauce, divided
Cooking spray
1 TB minced garlic
40 gyoza skins or wanton wrappers
Cornstarch
1 1/3 cups plus 1 TB water, divided
3 TB honey
1 TB seasoned rice vinegar

Heat large skillet of medium heat, add oil and swirl. Add garlic, cook for 1 ½ minutes, stirring constantly; add carrot and cook 1 minute; add cabbage and scallions and cook 3 minutes until wilted. Stir in 1 TB chili garlic sauce and cook 30 seconds. Stir in shrimp and stir to combine; remove pan from heat and add 2 TB soy sauce.



Jackie's sister, Lynn at Laughlin (Lachlan) Castle on Loch Fyne, Scotland. Our ancestors moved there in the 600's after leaving Ireland.

Arrange 8 wrappers on clean working surface. Spoon 2 tsp shrimp mixture in center of each skin. Moisten edges with water and fold in half. Press edges together to seal. Place on cookie sheet sprinkled with cornstarch; cover with damp cloth to prevent drying. Repeat with remaining wrappers.

Freezing:

At this point sprinkle potstickers with cornstarch and freeze on cookie sheet until firm. Place in zip-lock and keep in freezer up to a couple months. To reheat, follow same instructions following, steaming for 7 minutes.

Bring remaining chili garlic sauce, soy sauce, 1 TB water, honey and vinegar to a boil in small sauce, and cook about 3 minutes until thickened.

Heat a large skillet over medium heat. Coat both sides of potstickers with cooking spray. Arrange 10 potstickers in the skillet and cook 2 minutes or until browned. Turn potstickers over, and carefully add 1/3 cup of water, cover and steam 5 minutes. Uncover and cook about 1 minute more until liquid evaporates. Remove potstickers from pan; keep warm and repeat with remaining potstickers.

Garnish potstickers and soy sauce mixture with remaining sliced scallions and serve.



Doug at Scotland's Glen Nevis Waterfall just beneath Ben Nevis,
the highest mountain in the UK

Smoked Trout Spread

Lavern Belvin, Augusta GA

8 oz. smoked trout
½ cup cream cheese
½ cup sour cream
1 TB minced red onion or shallot
1 TB parsley
Salt and pepper to taste
½ lemon, juiced
1 TB chopped capers
1 TB Worcestershire sauce
1 tsp dill
Touch of half-and-half

This is a great appetizer and can be served with toasted baguette slices and crackers either as a spread or with the smoked trout and the other ingredients as a topping. They are both great for breakfast on bagels.

The original recipe did not include half-and-half, but I found that sometimes the mixture is too thick and should be thinned with a little half-and-half or cream. Blend all together in a food processor and taste for balance of flavors.



Jackie's Dad and step-mother, Rosemarie
visiting lifelong friend Lavern

South African Smokey Hummus

June Denny, Nutritionist, South Lake Tahoe, CA.

1 cup marinara sauce, non-fat
2 pickled peppers
3 cloves garlic
½ cup sundried tomatoes
1 tsp South African Smoke Seasoning*
2 TB balsamic vinegar
2 can garbanzo beans, drained
1 cup packed fresh basil
Salt and pepper to taste

* Available at Trader Joe's

Blend first 6 ingredients (marinara sauce through vinegar) in food processor until minced. Add beans, salt, pepper and smoke seasoning and process until smooth. Serve with veggies and pita triangles. Approximately 15 calories per tablespoon.



D. Scott Hudgens Center for Skilled Nursing
Jackie's home at Annandale Village

Spinach and Sopresetto Pizza with Cauliflower Crust

Tara Farrah, Glenbrook (Lake Tahoe), NV.

For the Crust:

EVOO for greasing the pan
1 bag riced cauliflower
1 egg, lightly beaten
½ tsp sea salt
½ tsp cracked black pepper
½ tsp oregano

½ cup mozzarella grated buffalo or goat (or feta if preferred)

For the Topping:

6-8 pieces Sliced Sopresetto
Veggies: olives, tomatoes, onions etc
½ cup grated Pecorino-Romano
¾ cup more mozzarella
½ cup cooked, drained spinach

Put cauliflower in microwave-safe dish and cook on high for 8 minutes, until cooked. Allow to cool, stirring occasionally.

Place a rack in the middle of the oven. Heat to 450 degrees. Grease a 10 inch ovenproof flying pan with EVOO. Place the cooled cauliflower in a dishtowel or cheesecloth and twist and squeeze to remove ALL moisture. Transfer to maxing bowl. Add the egg, mozzarella (or feta), salt, pepper and oregano. Mix well. Press mixture evenly into bottom of frying pan.

Over medium heat on stove top, crisp the cauliflower crust for a few minutes (about 8-10 works best at high altitude). Transfer to the oven and bake 15-18 minutes until golden brown. Let cool for 5 minutes and add the toppings. Sprinkle with Pecorino-Romano cheese and add a pinch of salt. Bake for an additional 10 minutes until cheese is nicely melted.



Pat and Tara at Gala in NYC

Teriyaki Chicken Lettuce Cups

Jackie Brantley, Annandale Village, Suwanee, GA.

1 ½ cups raw chicken breast, cubed
2 TB diced red onion
3 TB canola oil, divided
¾ tsp kosher salt, divided
1 tsp cornstarch
¼ cups small diced zucchini
1 sweet potato, peeled, cubed
1 tsp minced fresh garlic
¼ cup teriyaki sauce
1/8 tsp ground fresh pepper
1 head iceberg lettuce
3 TB chopped scallions

Preheat oven to 425 degrees. Toss sweet potatoes with 1 TB oil and ½ tsp salt. Spread in a single layer on cookie sheet. Bake until crispy, about 15-20 minutes. Let cool. Heat 1TB oil in medium skillet over medium high heat. Add chicken and cook, stirring occasionally until lightly browned, about 5 minutes. Remove from skillet.

Heat remaining oil in skillet and add zucchini, onion and garlic. Cook, stirring about 5 minutes. Return chicken to skillet, add teriyaki sauce, salt and pepper and stir to combine. Stir together cornstarch and 1 TB cold water until smooth. Add to chicken mixture; cook stirring occasionally until thickened, about 2 minutes. Cut and remove core from bottom of lettuce and discard. Run under cold water into the hole where the stem was and loosen individual lettuce leaves. Top with chicken mixture and sprinkle with sweet potatoes and scallions.



Jackie in Great Barrington, MA. visiting her sister, Sue and family

Thai Chicken Satay Skewers with Peanut Sauce

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

1 lb boneless, skinless chicken
6 TB vegetable oil
2 stalks fresh lemon grass
6 cloves garlic
Thai Peanut Sauce to dip
2 TB curry powder
1 tsp ground turmeric
2 tsp honey
1-2 tsp fish sauce
Shish kebab skewers
1 tsp red chili, seeded, diced or red pepper flakes

Slice meat about ¼ - ½" thick and about 5" long or use smaller pieces to make up the approximate size. Combine all the ingredients (EXCEPT CHICKEN and Peanut Sauce) in a food processor and process until smooth. Pour into a large ziplock, add chicken; seal the bag and mush it around so all pieces are covered. Marinate over night.

Before you are ready to grill, soak wooden skewers at least 30 minutes in cold water. (I have found that it is easier to grill the chicken first, then skewer after for presentation and serving). Discard remaining marinade – the chicken will have plenty of flavor. Cook over medium-high heat on the grill – they will only require 3-5 minutes per side to cook depending on their thickness. Do not overcook. Serve with Thai Peanut sauce (my favorite is Thai Kitchen Satay Sauce).



Of all Lynn's recipes, this was Mary Ann's favorite appetizer.

Thai Grilled Shrimp Skewers in Tom Yum Marinade

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

Serves: 3-4

4 TB dice fresh lemongrass
5 cloves garlic
1 small cube ginger or galangal
1 red chili, or ¼ tsp pepper flakes
¼ cup fresh chopped cilantro
2 TB fish sauce
2 TB vegetable oil
½ tsp shrimp paste (Asian Stores)
3 TB lime juice
3 heaping tsp brown sugar
2 spring onions, sliced
24 medium-sized shrimp
¼ cup coconut milk
a handful fresh cilantro for garnish
½ tsp soy sauce

Place marinade ingredients in food processor and blend to create a paste. Place shrimp in a bowl and pour ½-3/4 of marinade over shrimp. Slather shrimp with your hands. Reserve remaining marinade for sauce. Can be used for shrimp, but is great on grilled fish.



Doug and Lynn at Deer Creek in the Grand Canyon, 2019

Marinade shrimp 10-12 minutes (no longer as the acid in the lime ill "cook" the shrimp). If using wooden satay sticks, make sure you soak them in water at least 15 minutes.

Heat grill to medium. Skewer shrimp. Grill 6-8 minutes turning once until shrimp are pink and firm. Baste shrimp the first time you turn them.

Side Sauce: Place reserved marinade in a small saucepan over medium-high heat. Simmer past for 30 seconds to 1 minute, then add coconut milk (a little at a time testing as you go for taste). Add more sugar if too sour; more coconut milk if too spicy; more lime if too salty.

Serve shrimp hot off the grill by itself with sauce, or over rice. Sprinkle with fresh coriander as a garnish.



In Upper Tanner camp on the Grand Canyon

Tomato Caponata with Polenta Crostini

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

For the Caponata:

1 yellow squash
4 oz. white mushrooms
1 whole can petite diced tomatoes
½ cup chopped onions
2 TB EVOO
3 cloves garlic, minced
1 tsp oregano
3 TB tomato paste or ketsup
1 cup grated parmesan
Salt and pepper to taste
Baguette cut into ¼-1/2" slices
Butter
Garlic Salt



Keith Keadle Center for Continued Care, Annandale Village

Cut off tail of yellow squash; but "body in half and remove the seedy center. Chop and place in large frying pan with the EVOO. Add equal amounts of the other vegetables, finely chopped (except garlic). Cook, stirring until vegetables are tender, about 20 minutes. Add garlic and continue to cook another minute until fragrant. Add the canned tomatoes and tomato paste. Add oregano and Salt and pepper to taste. Remove from heat and let cool 15 minutes or so, stirring to cool and then add the parmesan cheese.

This mixture can be made a couple days ahead and kept in refrigerator until ready to serve. Either heat or bring to room temperature and top polenta crostini (or toasted baguette crostini) with caponata and serve.

For the Polenta Crostini:

1 cup polenta
4 cups chicken broth, water, or milk
2 TB butter
1 cup Parmesan cheese

Bring polenta and liquid to a boil; reduce heat and stir frequently. Add butter and continue to stir until polenta begins to thicken, about 20-25 minutes. Add Parmesan cheese and stir until cheese is melted.

Pour batter onto a greased cookie sheet and cool completely. When polenta is cooled and firms up, you can cut into cookie cutter rounds or squares, about ¼-1//2" thick. Remove rounds or squares to another cookie sheet and bake at 350 degrees for 15-20 minutes turning once until nicely browned on both sides. Allow to cool completely, top with Caponata and sprinkle with additional Parmesan for garnish.



Buddy's Recreation Room, Annandale Village

Tomato Jam

Sherry Williams and Pauline DeCarmo
Lisa Fielding of Secret Ingredients, published in Rural Intelligence March, 2019, Hudson, NY

Once upon a time in the 1840's, there was a publication called the *American Farmer* that shared a recipe that involved straining stewed tomatoes through cheesecloth, adding an equal amount of sugar and then boiling the mixture for a few hours. The idea took off and in 1843, the *Boston Cultivator* published a recipe for tomato jam. I am sure some of you are wincing ever so slightly. But, if you bear with me and make this recipe you'll be rewarded with one of the most unusual and unusually delicious jams/condiments that is also a gorgeous burnished red when finished. The elevator pitch for tomato jam is: This is a sweet and savory jam that is perfect with toast and butter and cream cheese in the morning. And when paired with goat cheese, sharp cheddar or mascarpone on crostini, it is a sophisticated additional to cocktails and appetizers. All that's true, but tomato jam in one of those layered confections wherein you can taste the rich spices, heat, sweet and savory. It's one of my favorite concoctions to eat and it is also a lovely hostess gift so make a big batch this summer when tomatoes are at their peak and spread the love. Tomato jam is still relatively unknown, and you can't find it on your grocer's shelf either, which makes it that much more special.



Sherry and Lynn's best friends in High School.
Here, Doug and Lynn are visiting Sherry and her wife, Pauline in Hudson, NY.

Tomato Jam:

2 lbs. any variety tomatoes chopped
1 cup sugar
3 TB fresh squeezed lime juice
2 TB freshly grated ginger
1 tsp cinnamon
1 tsp ground cloves
1 tsp salt
½ tsp red pepper flakes
1 pkg unflavored gelatin
Jam jars

Combine all ingredients with the exception of the gelatin in a heavy saucepan. Bring to a boil over medium heat stirring often. Reduce heat and simmer, stirring occasionally until mixture has thickened considerably, about an hour. Taste, adjust seasoning (I err on the side of adding more cloves and red pepper flakes), and remove from heat.

Dissolve gelatin in a small bowl with a few tablespoons of the jam. Add a tablespoon of water if necessary. Add to the tomato jam and cook over low heat for an additional fifteen minutes.

Remove from the hear and cool. Spoon into jam jars and seal. Refrigerate. Jam will last for several weeks until opened.



Jackie likes to shop, shop, shop with her brother, Dave at 'Wally World'

Vietnamese Spring Rolls

An Dao, Zephyr Cove, NV.

For the Rolls:

Assortment of lettuce, bean sprouts, Sorrel, garlic, chive, mint
1 ½ cup shrimp stock (from boiling shells)

2 lbs. shrimp, peeled and deveined
1 lbs. pork belly
1 bag of rice vermicelli
1/3 cup Hoisin sauce
½ cup peanut butter
Sriracha for spiciness
2 cloves garlic, minced
2 tsp vegetable oil
1 bag rice papers
2 TB salt
Toasted peanuts as garnish

Clean the pork belly by scrubbing it with a bit of salt and then rinse with water. This step is helpful to remove the porky smell. Add water (just enough to cover the pork) and salt and ring to a boil. Cook for 30-40 minutes until tender (insert chopstick into pork; if it goes through and juices run clear, it is done). Remove pork, rinse, pat dry and allow to cool to room temperature before slicing it thinly. Use broth from boiling pork to boil shrimp. Cook vermicelli according to package instructions, drain well.

Rolls: Wet a rice paper by dipping it in a bowl of water and put it on a plate. Place a little bit of vegetables, vermicelli, pork, and shrimp. Fold in the sides and roll up tightly. Serve with dipping sauce.

Dipping Sauce:

In small pan, heat up the oil, add minced garlic and sauté until fragrant. Add Hoisin sauce, peanut butter and shrimp stock. Whisk until smooth. Add sugar, water and Sriracha to taste. Sprinkle with chopped peanuts.



An with her Husband, daughter and son in Hawaii

Wonton Crisps

Nan and Deb Simpson, Glenbrook, Lake Tahoe, NV.

½ cup sesame oil
40 wonton crisps

Edamame Puree:

1 lb. package frozen soy beans
1 TB wasabi powder or paste
1 tsp sea salt
TB water
2 TB canola oil
1 lemon juiced

Marinated Tuna:

1 lb. sushi grade tuna, such as Ahi, Yellowtail, Bluefin cut into ¼" strips
½ cup low sodium soy sauce
2 TB light brown sugar
1 tsp chili paste, such as Sambal
2 TB sake
2 TB toasted sesame seeds, garnish

Preheat oven to 350 degrees. Brush two cookie sheets with sesame oil. Arrange wonton skins in one layer and brush with sesame oil. Bake until the wontons are crisp with golden edges, 5-15 min. Remove crisps to a platter to cool. Blanch the Edamame in boiling, salted water for 5 minutes. Drain and pinch the beans out of their pods. In a food processor add beans, wasabi, salt, lemon juice, and water. Puree until smooth, adding the canola oil as needed. Refrigerate.

Whisk together the soy sauce, sake, brown sugar and chili paste until the sugar dissolves. Arrange the tuna in a single layer in a shallow dish. Pour marinade over the tuna, cover and refrigerate for 20 minutes, but no longer. It will "cook" and ruin the texture. Put a spoonful of the edamame puree on the wonton crisp, then lay a slice of tuna on top. Garnish with a sprinkle of toasted sesame seeds.



Sisters Nan and Deb in Hong Kong

Salads

Allium's Kale Salad

Mimi Lipson, Great Barrington, MA.

Croutons:

½ Loaf good sourdough bread
¼ cup EVOO
Salt to taste

Cut up bread into tiny cubes, place in medium sized bowl and toss with olive oil and salt. Place on cookie sheet in a 350-degree oven for about 5-7 minutes. Turn croutons and bake another 5-7 minutes. Each oven cooks differently so keep an eye on croutons and remove when nicely browned on both sides. Let cool.

Dressing:

1 clove garlic
1/3 cup lemon juice
½ cup grated Pecorino
1 TB Dijon mustard
½ cup EVOO
Additional ½ cup Pecorino

In a blender or food processor, crush garlic, add mustard and lemon juice. With blender still on, slowly drizzle in grape seed oil and EVOO until emulsified. Add ½ cup grated cheese and pulse until blended.

Salad:

2 Bunches curly Kale
1 Green Apple, cored and diced
Lemon Juice

To keep from browning, toss apple with lemon juice in a bowl until read to use. Strip out stems of each kale leaf, wash and spin to dry. Chop or cut into long strips. Place kale in large mixing bowl with apples and croutons. Add dressing, additional ½ cup grated cheese and toss vigorously.



Mimi, Jackie's niece, at Martha's Vineyard, MA

Asian Chopped Chicken Salad

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

For the Salad:

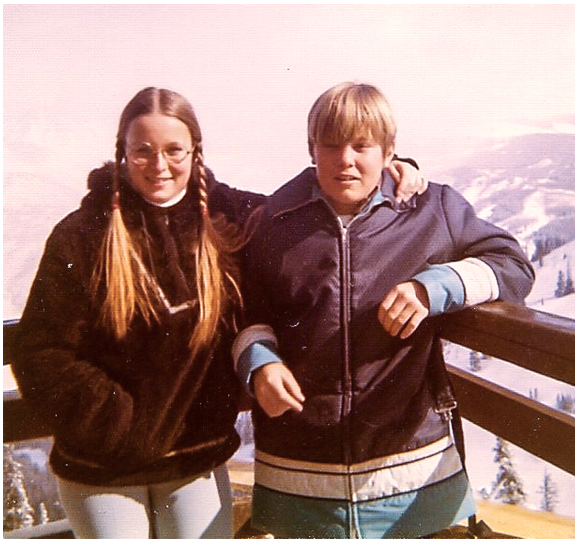
2 heads romaine lettuce chopped
1 bag tri-color Coleslaw mix
1 Sliced green onion
1 red bell pepper julienned
1 carrot julienned or shredded
1 cup mandarin oranges or tangerines
12 cherry tomatoes halved or quartered
¼ + cup fresh cilantro
½ cup Peeled & julienned jicama
2 cups chopped rotisserie chicken
1 cup chopped cashews
1 cup sugar snaps diagonally sliced
1 tsp Black sesame seeds
1 tsp White sesame seeds

Dressing:

2 cloves of garlic, minced
2 TB fish sauce
2 TB seasoned rice vinegar
3 TB sugar
¼-1/3 cup vegetable oil
1 TB honey
2 TB fresh lime juice

Combine all the ingredients for the dressing in a jar and shake well.

Combine all the salad ingredients (EXCEPT nuts) and toss in desired amount of salad dressing. Divide among plates and sprinkle with chopped nuts and sesame seeds.



Lynn and Dave in Crested Butte, CO. 1973

Asian Noodles

Ryan Brolliar, Founder, Music is Medicine, Tahoe City, NV.

For the Salad:

1 lb. whole wheat spaghetti
1 red bell pepper, julienned
1 English cucumber, sliced
3 carrots, sliced
5 green onions, sliced
1 can sliced water chestnuts
3 TB toasted sesame seeds
¾ cups fresh or frozen peas

Combine all the vegetables in a bowl. Cook pasta according to directions on the package. Drain well and combine with vegetables. Add dressing (below), and with Thai seasoning and gently toss. Refrigerate for several hours for flavors to blend.

Dressing:

¼ cup sesame oil
¼ cup EVOO
¼ cup rice wine vinegar
¼ cup apple cider vinegar
½ bottle Peanut Sauce (House of Tsang)
1 TB garlic chili paste
1 TB sugar
1 tsp garlic powder
McCormick Thai seasoning
3-4 TB soy sauce



Ryan stopped at Annandale Village during his *Music is Medicine* tour of the USA.
Ryan drives an old souped-up ambulance, called the "Jambulance".
Jackie with the guitar sticker for Georgia on Ryan's tour map.

Bahamian Conch Salad

Perline and Tom Genova, Eleuthera, The Bahamas

1 lb. fresh conch meat
1 ¼ cups Lime juice
1 onion ¼" dice
1 cup colorful bell peppers, diced
1-2 cucumbers, diced
1/3 cup Juice of one orange
1/3+ cup Lemon Juice
1 cup tomato diced
2-4 jalapeno, diced
salt and pepper to taste

On a recent trip to Eleuthera to visit our brother, Dave, we were blessed to go with his neighbors, Perline and Tom on a snorkeling float trip on their boat. Tom free-dived and brought up several live conchs from the bottom of the ocean! Perline taught us how to make the salad right on the boat and it was a treat we will always cherish. We can't find conch here at Lake Tahoe, so I have substituted raw shrimp instead and it makes an awesome ceviche!

Clean the raw conch with lemon, salt and water. Remove slime and cut into ½" cubes. (Peel and devein shrimp; cut each into 2-3 pieces). Add to large mixing bowl with diced vegetables, juices, and salt and pepper. Allow salad to marinate 15 minutes and ENJOY!



After free diving to get the Conch, Tom opens the shell.
Lynn and Perline with the shells

Cauliflower Tabbouleh

Janet Lundblad, Pasadena, CA.

1 medium head of cauliflower
1 cup fresh parsley, chopped
½ cup fresh mint leaves, chopped
3 green onions, thinly sliced
1 cup cherry tomatoes, halved
3 TB EVOO
½ tsp ground turmeric
½ cup Kalamata olives, chopped
3 small cloves garlic, minced
¼ cup fresh lemon juice
¼ tsp black pepper
1 tsp apple cider vinegar
1 cup cucumber, peeled and chopped
½ tsp sea salt

Cut the cauliflower to remove the stem and then chop into pieces small enough to fit into the food processor. Place cauliflower into processor and pulse until pieces turn into "cauliflower rice". You may have to do this in batches, depending on how large your processor is.

Add parsley, mint, green onion and garlic into the food processor and chop more finely if desired. Place cauliflower rice, parsley, mint, green onion and garlic into a large bowl. Add the remaining ingredients and toss to mix. Taste and add more salt or pepper if necessary. Serve chilled or at room temperature. Store covered in the refrigerator for up to one week.



Lynn, Doug and friends, Janet and Roger Lundblad.
Lunch at Lone Eagle Grill, Lake Tahoe 2016

Chicken-Less Salad

Karen Webster, Cofounder, Healthy Seminarians, Decatur, GA.

3 cups cooked chickpeas
½ cup finely diced Medjool dates*
¼ cup finely sliced scallions
Salt to taste
½ cup diced celery
1 cup red grapes, halved
½-1 cup mayo**

Combine all ingredients and allow to stand an hour or so to allow flavors to blend. Serve however you would chicken salad. For a different take on this salad you may add mustard and curry

* I added chopped apple as well as dates
** I used half mayo and half Greek yogurt



Karen's husband, Travis Webster, Co-Founder of Healthy Seminarians, and Jackie coloring and talking, Jackie's Roswell condo, 2015

Chickpea Salad with Ginger

Janet Lundblad, Pasadena, CA.

1 TB cumin
3 cups cooked or canned chickpeas, rinsed
2 bell peppers, seeded & shopped
Chopped fresh cilantro
1" piece of ginger, peeled & minced
1 TB sugar
3 TB fresh lemon juice
Salt and pepper to taste
1 red onion, diced

In a dry pan, lightly toast the cumin. In a large bowl, toss all ingredients except the cilantro. Taste and add more salt, ginger, pepper or lemon juice. Garnish with cilantro and serve.



Janet shopping at a market in Sicily, Italy, 2018.

Crunchy Napa Cabbage Slaw

Danny Brolliar, Tahoe City, CA.

For the Slaw:

2/3 cup slivered almonds
8 cups shredded napa & savoy cabbage
12 oz. snow peas, strings removed
1-1/3 cups finely sliced radishes
1-1/3 cups thin slice green onions
1-1/3 cups sliced cilantro

Toast almonds. In large bowl, combine cabbage, snow peas, radishes, green onions, and cilantro. Add dressing and almonds to cabbage mixture, mix gently to coat and serve.

Creamy Soy Dressing:

3 TB white wine vinegar
3 TB sugar (to taste)
1 TB soy sauce
1 clove garlic, minced
½ tsp Asian sesame oil
½ tsp ground ginger
½ tsp cayenne pepper
1 cup mayonnaise

In a small bowl, combine white wine vinegar, sugar (if using it), soy sauce, garlic sesame oil, ground ginger and cayenne. Gradually whisk in mayonnaise, stirring until well blended.



Brolliar Christmas 2018: Grandmother, Danny, Grandfather Dave, Uncle Ryan, Mom and Dad, Brett and Kelsey and on the front row, DESA

Curried Marinated Tomatoes

Susie Maino, Morro Bay, CA.

1 TB curry powder
½ cup EVOO
1/3 cup seasoned rice wine vinegar
1 clove crushed garlic
1 TB dried parsley
1 TB dried basil
Salt and pepper to taste
4 oz. fresh mushrooms, thinly sliced
5 large tomatoes, sliced
¼ red onion, thinly sliced or grated

Mix curry powder, EVOO, vinegar, garlic, basil, salt and pepper in a jar or salad dressing container, shake and mix well. Place tomatoes, onions and mushrooms in a glass container with a tight-fitting lid. Pour marinade (I used about ½ the marinade for this amount of vegetables and save the rest to use later) into tomato mixture and let marinate 2 hours or more. Adjust the amount of marinade to the amount of tomatoes you want to use. Turn container a few times to mix well. You can use other vegetables such as snap peas and sugar peas.



Susie's grand daughter, Evelyn; daughter, Lindsay; son, Joe;
Susie, and grand daughter, Clara at their ranch in Morro Bay, CA.

Delta Cole Slaw

Joanne Stockman, Glenbrook, Lake Tahoe, NV.
(from Emeril Lagasse)

1 head green cabbage, cored, thinly sliced
1 red bell pepper, thinly sliced
1 medium onion, thinly sliced
1-1/2 carrots, shredded
¼ cup chopped scallions
1 tsp freshly ground white pepper
2 TB chopped parsley, basil or cilantro
1 cup sugar
1 tsp dry mustard
2 tsp celery seed
½ cup vegetable oil
2 tsp kosher salt
1 cup apple cider vinegar

In large, non-reactive bowl combine cabbage, bell pepper, onion and carrot. Season with salt and pepper, cover with plastic wrap and refrigerate for 1 hour before proceeding.

Meanwhile, combine vinegar, sugar, mustard, and celery seeds in saucepan and bring to a boil. Stir often to dissolve sugar. Once dissolved, remove from heat and pour over refrigerated cabbage mixture. Toss to coat. Add oil, green onions and parsley, basil and cilantro. Cover again with plastic wrap and refrigerate at least 2-3 hours before serving.
NOTE: This salad will weep so you end up with a lot of liquid. I usually drain a lot off, or using slotted spoon remove the coleslaw to a serving bowl.



"The Posse" celebrating our dear friend, Mary Ann Boyd. Joanne, Lynn and Nancy Tornga

Gretchen's Poppy Seed Dressing

Gretchen Selfridge, Sierraville, CA.

¼ cup sugar
1 tsp salt
1 tsp mustard (Dijon preferred)
1 TB poppy seeds
½ cup cider vinegar
1 cup oil (salad or olive)

Shake all together and serve on mixed greens (anything else you like on your salad). My favorite is simply over butter lettuce. It keeps well in the refrigerator (but olive oil will solidify).



Jackie's sister, Lynn with cousin-in-law, Gretchen, at niece,
Julia Selfridge's Rehearsal Dinner, Novato, CA.

Grilled Summer Vegetable Pasta Salad

Karen Webster, Cofounder, Healthy Seminarians, Decatur, Ga.

Roasted Vegetables:

12 oz. whole wheat spiral pasta
2 zucchini cut into ¼" strips
2-3 small peppers seeded, in strips
Kosher salt and fresh ground pepper
2-3 Japanese eggplant, ¼" slices
1 cup frozen peas (or lima beans)
1 large onion, cut into 6 wedges
½ cup chopped, fresh basil
Vegetable oil and White Balsamic
16 oz. cherry tomatoes

Citrus Dressing:

1 tsp grated orange zest
¼ cup orange juice
1 tsp grated lime zest
2 TB lime juice
1 TB EVOO
1/3-1/2 cup rice vinegar
1-2 tsp mustard
1-2 tsp honey or maple syrup
1-2 garlic cloves minced

Cook pasta according to instruction on package. Drain and rinse well under cold water; drain again and transfer to a large serving bowl. Drizzle a little olive oil and balsamic vinegar over it to keep the pasta from sticking to one other. Roast vegetables in a roasting pan at 425-450 degrees for about 15 minutes, flip vegetables and cook on the other side for an additional 15 minutes. Transfer to a cutting board. When cool enough to handle, dice the roasted vegetables. Add the vegetables, peas and basil to the pasta. Drizzle the olive oil and lime juice and toss to combine. Season with salt and pepper.



Karen at Blake Garden

Herbed Gazpacho Salad

June Denny, Nutritionist, South Lake Tahoe, CA.

4 cups cherry tomatoes, halved
2 cups cucumber, peeled, chopped
1 TB red wine vinegar
1 tsp hot red pepper sauce, to taste
1 tsp salt & ½ tsp pepper
½ cup *each* fresh basil and cilantro
1 TB Worcestershire sauce
2 tsp fresh lemon juice with zest
1¼ cup chopped celery stalks
1¼ cup chopped green bell pepper
1 garlic clove, minced

Mix all ingredients into a large serving bowl. Toss well and serve. If you are making it in advance, wait until serving to add the liquid ingredients on the right (Worcestershire sauce through red pepper sauce) so the vegetables won't weep. Approximately 50 calories per cup.



Jackie's Team at Annandale's Extra Mile 5K Run 2017. Back Row, L-R Donna, Travis Chris, Cheryl, Dana; Front Row, L-R Kendra, Susan, Lynn, Jackie and Karen!

June's Tangy Waldorf Salad

June Denny, Nutritionist, South Lake Tahoe, CA.

½ cup walnut halves (or other nuts)
1 cup Greek yogurt
1 TB honey or more to taste
2 TB minced fresh mint (optional)
1 lemon, zest finely grated
Freshly ground black pepper
4 large crisp apples, chopped
4 ribs celery with leaves, chopped
½ cup golden raisins, Craisins or Fresh grapes, halved
1 lemon, juiced
1 head Boston lettuce,

Pre-heat oven to 350 degrees. Spread nuts on cookie sheet and toast for 8-10 minutes. Cook and chop. Whisk yogurt, honey, mint (if desired) and lemon juice in large bowl and season generously with pepper. Halve, core and cut apples into ¾" pieces, leaving skin intact. Add apples, celery and raisins to bowl and sprinkle with lemon juice and zest. Toss with dressing. Cover and refrigerate if not serving immediately. When ready to serve, toss walnuts into the salad. Arrange lettuce leaves on a large platter, or divide among 8 salad plates. Place the salad on the lettuce and serve.



Jackie's sister, Sue in her bee suit.
She keeps bees in Great Barrington, MA

Lori's Potato Salad

Janet Lundblad, Pasadena, CA.

Salad:

2 lbs. peewee red potatoes, unpeeled
2 eggs, hardboiled and chilled
1 bunch asparagus, cooked cut
2 TB capers rinsed, and drained
1 bunch scallions, thinly sliced
1 small red onion sliced into rings

Dressing:

½ cup white wine
1 TB white wine vinegar
Salt and pepper to taste
2 TB each chopped thyme, oregano, basil
1 TB spicy mustard
½ cup EVOO

Put potatoes in a pot, cover with water and bring to a boil. Simmer about 10 minutes until tender. Drain, cool slightly and cut in half. Mix wine, vinegar, mustard, herbs, salt and pepper together in a bowl. Whisk in the oil slowly until dressing is smooth. **Toss potatoes with dressing while still warm.** Peel and slice eggs and add along with scallions and asparagus. Mix well. Arrange on a platter, sprinkle with capers and slice onions. Add radish sprouts around perimeter to the platter.



Granddaddy, Mammaw and Jackie Picking Peaches on their Alabama Farm.

Mediterranean Lentil Salad with Lemon Thyme Vinaigrette

Karyn Ruben, New York, NY.

For the Salad:

1 cup lentils
5 cups water
1 tomato, cored and chopped
½ cup oil-cured black olives, pitted
½ cup crumbled feta cheese
2 stalks celery, finely sliced
Salt and pepper to taste
1 TB chopped fresh parsley chopped

Vinaigrette:

¼ cup fresh lemon juice
2 large garlic cloves, minced
2 tsp minced fresh thyme
2 TB + 2 tsp olive oil
½ tsp salt and freshly ground pepper

Combine the lentils and water in a large saucepan and bring to a boil. Reduce heat and simmer until lentils are tender, but not too mushy about 20 minutes. Drain and place in a large bowl. Let cool. Toss with tomatoes, olives, feta and celery. Add vinaigrette and toss well to coat. Divide among 4 plates, sprinkle with parsley and serve.



Karyn and her daughter Tabytha in New York

Men's Favorite Salad

Janet Lundblad, Pasadena, CA.

Barbara Edwards, who originally sent in this recipe to Gourmet Magazine, wrote that every time she served this salad, the men in the group would "lick their plates clean". We found the women in our test kitchens were crunching on it as happily as the men. The creaminess and tang of cottage cheese and mayonnaise offset the edge of onion and the crispness of cabbage.

2-1/2 lb. green cabbage
1 tsp fresh lemon juice to taste
1 tsp salt
½ tsp black pepper
½ cup plus 2 TB mayonnaise
1 med onion, halved thinly sliced
2 TB chopped flat-leaf parsley
2 cups 4% cottage cheese (small curd)

Cut cabbage into 2" wedges and core, then very thinly slice crosswise. Transfer to a large bowl. Add remaining ingredients and toss to coat. Let stand 15 minutes (or chill up to 2 hours) to allow flavors to meld.



Men: Janet's husband, Roger with Doug at Lake Tahoe

Mimi's Tomato Aspic and Shrimp Salad

Mimi Brantley, Sea Island and Atlanta, GA.

For the Aspic:

1 small pkg lemon Jello (3 oz.)
1 cup tomato juice, boiling
1 cup tomato juice, cold
¼ tsp Tabasco sauce
2 TB lemon juice
½ cup celery
½ cup bell pepper
4 green onions, chopped
1 avocado, diced
1-2 carrots, chopped
1 small jalapeno (optional)
1 tsp Worcestershire sauce
1+ TB freshly chopped basil
1 tsp celery seed (optional)

Dissolve Jello in boiling tomato juice. Add cold tomato juice, Tabasco, Worcestershire sauce and lemon juice. Add chopped vegetables and combine. Place in 8"x 8" pan or any large or individual molds. Place in refrigerator until firm.

For the Salad:

1 cup chopped lettuce per person
6 spears cooked asparagus green beans
Sliced Cucumbers
Boiled, cooled, sliced new potatoes
8-10 shrimp each, chilled
1 hardboiled egg each chopped
Chopped green onions

For the Louie Dressing:

1 cup mayonnaise
Juice of 1 lemon
1-2 TB ketchup
1/3 cup drained sweet relish
1-2 tsp Dijon mustard
Salt to taste

On individual plates, on top of a bed of lettuce, place a square or individual Aspic. Artfully place the other vegetables and shrimp around the aspic and drizzle with dressing. Or make a shrimp salad of chopped shrimp, onions, celery, sweet pickle relish and Louie dressing. You can unmold the aspic and put the shrimp salad in the middle of the mold and the vegetables around on the lettuce. This is a very versatile salad.



Jackie's mom, Atlanta GA 1947

Orzo Salad

Kathy Meek, Lodi, CA.

Dressing:

1/3 cup Olive Oil
1 lemon, juiced
1 clove garlic, minced
Salt and pepper to taste

Salad:

1 box orzo cooked, cooled
15-oz. can garbanzo beans, rinsed
1 ½ cups red cherry tomatoes, halved
1 ½ cups yellow cherry tomatoes, halved
Salt and pepper to taste
3 TB minced fresh parsley
1 red onion diced
1-1/2 cups feta cheese
1 jar Kalamata olives, halved

Add dressing and everything to cooled orzo and refrigerate for 1+ hours. Add feta and toss before serving. Serves 10-12.



Kathy and John in Napa, CA.

Orzo with Everything

Janet Lundblad, Pasadena, CA.

1-1/2 cups orzo
1/3 cup sundried tomatoes, chopped
½ cup chopped fresh basil
½ cup freshly grated Parmesan
2 large garlic cloves, minced
1 cup finely chopped radicchio
½ cup pine nuts, toasted
5 TB EVOO
¼ cup balsamic vinegar
¼ cup chopped Kalamata olives

Cook orzo in a pot of salted water until just tender but still firm to bite. Drain well. Transfer to large bowl. Add sundried tomatoes, oil, vinegar and olives and toss to blend. Let stand until cool. (Can be prepared 6 hours ahead. Cover and refrigerate. Bring to room temperature before continuing).

Mix chopped radicchio, pine nuts, chopped basil, Parmesan cheese and garlic into Orzo mixture. Season salad to taste with salt and pepper and serve.



Janet's nieces Kathy & Julia Lundblad; and nephew, Lawrence at Mt. Rainier, WA.

Peruvian Sweet Potato and Black Bean Salad

June Denny, Nutritionist, South Lake Tahoe, CA.

1½ lbs Sweet potatoes, peeled, cubed
¼ tsp fresh cilantro, chopped
¼ tsp black pepper
2 TB fresh lime juice
1 cup frozen yellow corn, thawed
½ tsp ground cumin
1 TB lime zest
½ tsp kosher
2 tsp EVOO
1 cup black beans, rinsed, drained
1 TB plain, non-fat Greek yogurt
½ cup yellow onion, diced
1 TB light mayonnaise
1 TB honey

Pre-heat oven to 400 degrees. Toss cubed sweet potatoes in EVOO and place on lined baking sheet. Roast potatoes for 20 minutes, stirring occasionally until potatoes are fork-tender, but not browned. Set aside to cool.

In medium bowl, combine beans, corn, onions, cumin, lime zest, salt, pepper and cilantro. Add cooled sweet potatoes and gently stir to combine.

In a small bowl, whisk together lime juice, yogurt, mayonnaise and honey. Pour the dressing over the salad and stir well until everything is evenly combined. This salad is best if consumed the same day it is made.



2015 Annandale Annual Extra Mile 5K Run:, Team Brantley: Back Row - Drew, Karen, Dana, Cheryl, Michael; Font Row: Donna, Jackie, Kendra – Lynn taking photo

Quinoa Tabbouleh

Lynn Brantley, Glenbrook, Lake Tahoe NV

1 cup cooked Quinoa
2 cups cherry tomatoes, halved
1 cucumber, peeled, seeded, diced
¾ cup fresh chopped basil
2 cloves garlic, minced
¼ cup EVOO
1 red bell pepper chopped
Toasted Pine nuts
¼ cup fresh lemon juice
¾ cup fresh parsley chopped
¾ cup freshly chopped mint
1 cup whole chopped scallions
1 TB White Balsamic vinegar
½ tsp salt
Fresh ground pepper
Optional: crumbled feta

Mix all together; taste for flavor balance. Let sit for at least an hour to allow flavors to meld. Keep refrigerated until serving.



Jackie's nurse, Sharon Olsen, with her big baby, Aidan. Jackie loves dogs! Sharon founded www.sharecareservices.com on St. Simons Island GA in 1989. She is fabulous with Jackie whenever we go to the beach.

Roasted Beet Salad

David Bryan, Pastor, New Community Church, Roswell, GA.

Salad:

4 medium beets (golden or purple)
1 apple or pear peeled and chopped
2-4 oz. crumbled goat or feta
4 cups arugula and spinach mix
¼ cup almonds or toasted pecans
Salt and Pepper to taste

Preheat oven to 350 degrees. Cover cookie sheet with aluminum foil and spray with PAM spray. Clean beets and cut into ¾" cubes and place in large mixing bowl. Drizzle with EVOO and salt and pepper. Spread evenly on prepared cookie sheet. Roast 20 minutes and turn with spatula when beets begin to brown. Brown other side, another 10 minutes or so and remove from oven to cool.

Salad Dressing:

¼ cup white balsamic vinegar
2 TB vegetable oil
2 TB EVOO
1 tsp Dijon mustard
2 tsp minced garlic
1 tsp+ honey

Mix all ingredients and shake well. I like to give the dressing a couple hours for the flavors to blend. Taste for balance and correct as you prefer. Toss greens with vinaigrette and place on salad plates. Arrange the fruit, beets, nuts and cheese on top of dressed greens. Serve immediately.



Pastor Dave with daughter, Emma

Roasted Brussels Sprouts Slaw

Karen Webster, Cofounder, Healthy Seminarians, Decatur, GA.

For the Slaw:

1 lb. Brussels sprouts
2-3 medium carrots
1 white sweet potato
2/3 cup whole scallions, chopped
2/3 cup chopped cilantro
2/3 cup toasted sliced almonds
¼ cu toasted sesame seeds

Dressing:

¼ cup vegetable oil
3 TB apple cider vinegar
3 TB honey
3 TB tamari or low salt soy sauce
¼ tsp. salt

Preheat oven to 350 degrees. Cover cookie sheet in aluminum foil and spray with EVOO. Slice Brussels sprouts thinly to resemble slaw and spread over the cookie sheet. Spray the top again with EVOO. Roast 20-30 minutes until nicely browned. Toss several times during cooking so brown all over. Grate Carrots on the large holes of a box grater; grate the sweet potato the same but rinse well in cold water to remove some of the starch and drain well. Combine all the veggies and nuts in a bowl and dress shortly before serving, tossing to combine. Serve immediately.



Karen running at Tahoe

Ruth Peterson's Lettuce, Egg and Onion Salad

Submitted by Lynn Martin, Dallas, TX.

Dressing:

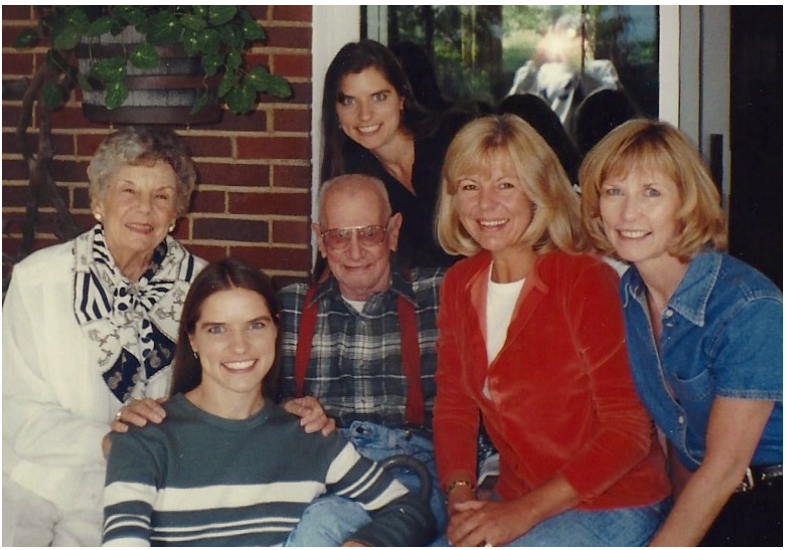
½ cup oil
2 TB Vinegar
1 tsp Worcestershire sauce
1 TB parsley
1-1/2 tsp salt
¼ tsp pepper
¼ cup Parmesan cheese

Mix all ingredients together in a jar and shake well.

Salad:

1 head of lettuce, chopped
1 yellow onion, sliced & divided
6 hardboiled eggs, sliced in rings

Prepare these salad ingredients ahead of time and put into baggies. Mix all salad ingredients and dressing when ready to serve. NOTE: this is an original recipe from my Aunt Ruthie, originally called Old Fashioned Egg Salad. Great for tasty sandwiches too.



Lynn Martin, far right, her Aunt Ruthie on left, her father, cousin Robyn and her twin daughters, Cathy and Christy.

Spinach and Strawberry Salad with Candied Pecans And Raspberry-Poppy Seed Vinaigrette

Jane Tuttle, New York, NY.

Salad:

8-10 cups baby spinach, w/o stems
1½ cup sliced, Strawberries
6 whole green onions
¼ cup crumbled blue cheese
Raspberry-Poppy Seed Dressing**
Candied Pecans (below)

In a large bowl combine all ingredients and toss with enough dressing to coat.

Candied Pecans:

1 TB butter
1 TB packed brown sugar
½ cup pecan or walnut halves

In a small skillet over medium heat, melt butter and stir in brown sugar. Add nuts and stir. Cook about 3 minutes stirring occasionally. Dry on a piece of foil and separate the nuts so they won't stick together. Cook and store in a covered container.



Pamela, Joanna and their son, Julian with Doug's step-mom,
Jane Tuttle in New York

** *Raspberry-Poppy Seed Dressing:*

1 TB packed brown sugar
½ cup EVOO
3 TB raspberry vinegar
½ tsp Worcestershire sauce
2 tsp poppy seeds
1 garlic clove, minced
½ tsp salt
Freshly ground pepper

Whisk together all ingredients in a small bowl.

NOTE: Best with strawberries in early summer; good with other fruit (Clementines, apples, pears, etc.) at other times of the year when they are in season.



Jane with Joanna and her son, Julian, NYC

Strawberry Congealed Salad

(given to me by Stefi's fraternal Grandmother – Dot Posey)
Jan Dappen, Ellijay, GA.

(2) 6-oz. pkgs of strawberry Jello
(2) No. 2 cans crushed pineapple
2 pints sour cream
2 cups chopped pecans
(4) 10-oz. pkgs thawed frozen strawberries

Dissolve the Jello in 2 cups boiling water. Add all ingredients except sour cream. Let the Jello set. I put half in one bowl and half in the serving bowl. Pour sour cream over one half and dip or pour other Jello on top of the sour cream. Keep refrigerated. Great for Thanksgiving and Christmas.

** This recipe is doubled because my son, RJ loves it and he will eat so much that no one else gets a chance.



Administration building on Annandale's beautiful campus.

Sue's Black Lentil Holiday Salad

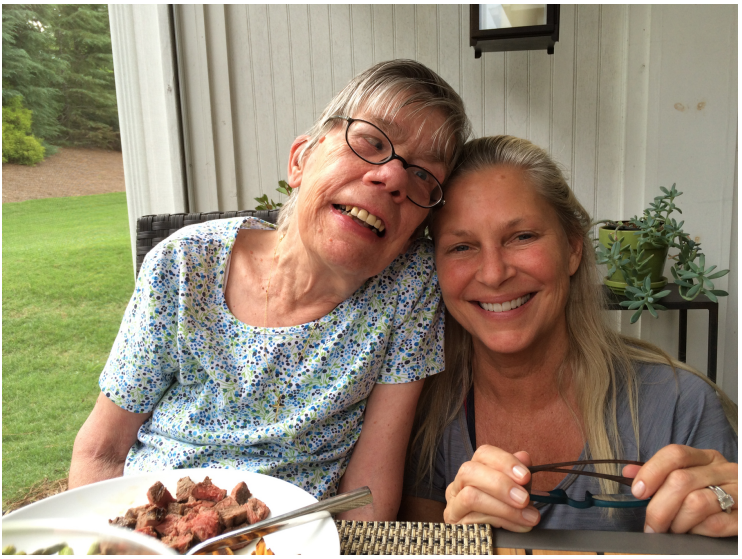
Sue Lipson, Great Barrington, MA.

Salad:

1 cup beluga or green lentils
1 head cauliflower (in florets)
2 TB EVOO
6 oz. goat cheese, crumbled
½ cup toasted pine nuts, pistachios or pecans
4 cups Tuscan Kale
4 Tangerines, peeled and segmented
½ TB Herbs de Provence
1 tsp salt and pepper
Chopped Parsley or mint garnish

Dressing:

¼ cup orange marmalade
2 TB white Balsamic vinegar
2 TB fresh squeezed lemon juice
2 TB Dijon mustard
1-2 TB honey
¼-1/2 cup EVOO
Salt and pepper
¾ cup pomegranate seeds



Jackie with her sister, Sue having dinner on the porch of Jackie's Condo

Preheat oven to 350 degrees. Line a cookie sheet with aluminum foil and spray or coat with EVOO. Spread cauliflower florets on cookie sheet, spray again with EVOO and season with herbs de Provence, salt and freshly ground pepper. Roast 20-30 minutes until nicely browned.

Combine all ingredients for the dressing and whisk to mix well. Cook lentils according to directions on the package; drain.

Chop kale and massage with the dressing to tenderize; the color will change to a darker green. Place on serving tray. Layer lentils, roasted cauliflower, oranges and nuts. Top with goat cheese and pomegranate seeds. Sprinkle with parsley or mint as garnish. Serve immediately with extra dressing on the side.



Sue's beautiful Black Lentil Holiday Salad

SUMI Salad

Janet Lundblad, Pasadena, CA.

Salad:

2 TB salt
¼ cup sliced almonds
¼ cup sesame seeds
8 green onions, finely chopped
1 head cabbage, finely chopped
(2) 3-oz. pkgs Ramen noodles, broken up

Dressing:

¼ cup sugar
1 tsp black pepper
1 tsp salt
1 cup oil (corn, canola, peanut)
6 TB rice vinegar

Heat oil in a skillet and toast the almonds and seeds until lightly browned. Combine with onions, cabbage and noodles. Pour dressing over salad and toss. Chill a few hours for flavors to meld. For additional protein, you may add shredded chicken or other protein. To embellish the salad, you may also add a couple drops of sesame oil, and/or dry peanuts, cilantro, bell pepper.



Janet Lundblad hiking at Calaveras Big Trees, Murphy's, CA.

Thai Brussels Sprouts Salad

Rosie Medlicott, South Lake Tahoe, CA.

1/3 cup lime juice
3 TB fish sauce
3 minced Thai Chilies
1 TB sugar
5 cups sliced Brussels sprouts
2 chopped honey crisp apples
½ cup chopped cilantro
½ cup chopped basil
Salt and Pepper

In a bowl mix together lime juice, fish sauce, chilies and sugar. Add Brussels sprouts, apples and herbs. Season with salt and pepper, toss well and refrigerate until serving.



Rosie and her son, Roberto at Yellowstone National Park

Turkish Cauliflower Salad

Lynn Brantley, Glenbrook (Lake Tahoe), NV.

1 head of cauliflower cut into florets
1 shallot finely chopped
¼ cup EVOO
1 tsp garlic powder
1 tsp ground sumac
Salt and pepper
1.5 TB Greek yogurt
1 TB mayonnaise
1/8 cup pomegranate juice
1 tsp (or more) cumin
1 tsp red pepper flakes
½ cup+ pomegranate seeds

Preheat oven to 375 degrees. Line a large cookie sheet with aluminum foil. Spray with olive oil. In a large bowl combine cauliflower florets with chopped shallot. In small bowl combine EVOO, garlic powder, sumac and salt and pepper. Pour over the cauliflower mixture and toss to thoroughly coat. Spread evenly on cookie sheet and roast in the oven. Turn vegetables over halfway through, about 20 minutes as it begins to brown. Remove from oven and cool.

For the dressing, in a small mixing bowl combine yogurt, mayonnaise, pomegranate juice, cumin and red pepper flakes. Mix well. Return the cauliflower to its large bowl; add the pomegranate seeds then add half the dressing. Toss to coat well and taste for balance. Add as much dressing as you like. Refrigerate.



Jackie's family, Dave, Sue, Christopher and Kerry
Fishing at St. Simons Island, GA.

Two Vegan Salad Dressings

Karen Webster, Cofounder, Healthy Seminarians, Decatur, GA.

Miso Dressing:

1-1/2 TB miso paste
2 TB rice vinegar
1.5 tsp agave or honey
1.5 tsp freshly grated ginger
2 minced garlic cloves
1.5 tsp lime juice
1 tsp toasted sesame oil
Dash black pepper
1 tsp toasted sesame seeds

Combine all ingredients and shake well before use.

Tahini Dressing:

1/3 cup tahini
1 clove garlic, minced
1-1/2 lemons, juiced, about 3-4 TB
1 TB maple syrup, agave or honey
Pinch of salt
Hot water to thin

Combine tahini, garlic, lemon juice, maple syrup, sea salt and pepper to a small mixing bowl. Whisk to combine, then add hot water to thin until pourable. Taste and adjust seasonings.



Karen and Travis at the finish line after Trail Race

Vegan Sunflower Artichoke Salad

Karen Webster, Cofounder, Healthy Seminarians, Decatur, GA.

1 cup sunflower seeds (raw or roasted)

1 TB fresh lemon juice
¼ cup diced fresh parsley
½ cup diced red onion
¼ cup diced green onion

14-oz. can artichoke hearts, drained, diced

1½ tsp fresh or ¾ tsp dried dill
¼ tsp cayenne to taste
2 TB diced pimentos
1/3-1/2 cup vegan mayonnaise

Optional: diced carrots, sliced radishes, snap peas, chopped peppers. Whatever is seasonal. I add ½ TB non-dairy milk to cut Mayo

Add sunflower seeds, artichoke hearts, red onion, parsley, green onion, pimentos and any other additional vegetables to a mixing bowl. In a separate small bowl, mix together mayo, lemon juice, dill and cayenne. Add dressing to salad and mix well. Add salt and pepper to taste. Keep refrigerated until ready to serve.



Karen-made tie-dye shirts for her nieces, Abby and Emma, and nephew, Bennett

Vietnamese Chicken Salad

An Dao, Paradise Nails, Zephyr Cove, NV

For the Salad:

2 cooked chicken breasts, shredded
2 cups shredded green cabbage
1 cup shredded purple cabbage
½ cup fresh Vietnamese coriander (cilantro) or mint
¼ cup thinly sliced white onion
Fried crunchy shredded shallots
Chopped roasted peanuts
½ cup shredded carrots

For the Dressing:

4 TB fish sauce
3 TB sugar
2 TB fresh lime juice
2 cloves garlic, minced
1 chili pepper (minced)

Mix Dressing ingredients together until the sugar has dissolved.

Soak Onions in icy cold water to remove pungent taste.

In salad bowl, mix together chicken, cabbages, carrots, prepared onions, herbs and dressing and toss well.

Divide among plates. Sprinkle each with chopped peanuts and shallots and serve.



An Dao and her Family in Vietnam

Wild Rice Salad

Lisa Hellod, Stateline, Lake Tahoe, NV.

Salad:

1 cup wild rice uncooked
½ cup dried cranberries
1/3 cup chopped toasted pecans
1/3 cup chopped toasted unsalted cashews
¼ cup finely chopped green onion
2 TB finely chopped celery
2 TB finely chopped red onion

Dressing:

2 TB raspberry or red wine vinegar
1 TB lemon juice
¼ tsp ground garlic
1 tsp sugar
1/3 cup EVOO



Lisa's birthday party, a cooking class in South Lake Tahoe with Jackie's sister, Lynn

Soups & Stews

African Peanut Stew

June Denny, Nutritionist, South Lake Tahoe, NV.

1 medium sweet onion, diced
3 cloves garlic, minced
1 TB ginger, grated
1 red bell pepper, minced
1 jalapeno, diced
(1) 15-oz. can chickpeas, drained
1 med sweet potato peeled, cubed
1/3 cup peanut butter
4 cups vegetable broth
1 ½ tsp chili powder
2 tsp cumin
¼ tsp each cinnamon & coriander
¼ tsp cayenne pepper (optional)
2 handfuls of spinach
28-oz. can diced tomatoes & juice
Salt and pepper to taste

Heat ½ cup vegetable broth to medium heat and sweat onions and garlic in saucepan. Add bell peppers, ginger, jalapeno, sweet potatoes and tomatoes with juices. Increase heat to high and simmer for 5 minutes.

In a bowl, combine peanut butter and 1 cup of vegetable broth until mixture is smooth and add to saucepan. Add remaining 2 ½ cups of vegetable broth, chili powder and cayenne pepper to saucepan. Cover the pan with a lid, reduce heat to medium low and simmer for 1-20 minutes or until sweet potato is tender. If necessary, add water to desired thickness. Stir in chickpeas and spinach. Season with salt and pepper to taste.



African Lions Cubs, Vumbra Plains Botswana, 2014

Asian Beef Stew

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

2 TB coconut oil
5 lbs. short ribs
Sea salt and pepper
1 red onion, chopped
3 garlic cloves, chopped
3 TB chopped fresh ginger
1 tsp Chinese five-spice powder
3 whole star anise pods
chopped cilantro to garnish
3 large carrots, peeled, cut into 2" pieces
2 celery ribs cut into 1" pieces
3 TB fish sauce
14.5 oz. can crushed tomatoes
2 cups beef stock
4 cups stemmed spinach
1 TB lemon juice

In large Dutch oven, heat oil; season ribs with salt and pepper and brown over moderately high heat (4-5 minutes per batch). Transfer to a plate. Add onion, garlic and ginger and cook, stirring until golden (about 3 minutes). Stir in Chinese five-spice, then star anise, carrots, celery and fish sauce and cook 1 minute. Add tomatoes, stock and short ribs. Bring to a simmer, cover and cook over moderately low heat, turning ribs every hour until they are very tender, about 21/2 hours.

Discard star anise, stir the spinach and lemon juice into the pan and season with salt and pepper. Serve garnished with cilantro.



Jackie reading the newspaper, 1954

Chicken Tortilla Soup (From Pioneer Woman)

Kathy Meek, Lodi, CA.

2 boneless, skinless chicken breasts
2 10 oz cans Rotel Tomato w/Chilies
1¼ tsp chili powder
4 cups chicken broth
4 cups water
3 TB tomato paste
(2) 15-oz. cans black beans, rinsed
5-6 corn tortillas cut into strips
3 cloves garlic, minced
1½ tsp cumin
½ tsp garlic powder
½ tsp salt
1 TB EVOO
1 cup diced onion
¼ cup red or green bell pepper

Mix spices together in a bowl. Spread olive oil and 1 TB spices over the chicken breasts and bake at 375 degrees for 20 minutes. Cool and shred or cube. Sauté vegetables and garlic in 1 TB olive oil and rest of seasoning for 5 minutes. Add everything else to pot except tortillas. Simmer 20-30 minutes and add salt as needed. Add tortilla strips for last 3 minutes and serve in bowls with condiments: avocado, onion, sour cream, cheddar or jack cheese and more tortillas if desired.



Kathy and John, 50th Wedding Anniversary in Napa, CA.

Chilled Zucchini Basil Soup (Plan to Eat Next Day)

Barbie Avery, Atlanta, GA.

5 large zucchini, sliced
1 cup chopped onions
1 – 1½ cup heavy whipping cream
Salt and White pepper to taste
1 pkg fresh basil
4 cups chicken broth
2 TB butter
1 cup plain, non-fat yogurt

Melt butter in large pot. Sauté the onions until soft. Stir in zucchini and stir until just a little browned. Add chicken broth making sure zucchini is covered with liquid and more broth if necessary. Bring to a boil, reduce heat and cook 20 minutes or until zucchini is soft. Turn off heat. Stir in basil until wilted. Puree the soup in batches and pour into storage container with a top. Add yogurt to taste, cream to taste, white pepper and salt. Whisk. Taste for balance. Cover soup and refrigerate overnight. Serve in chilled coffee mugs or bowls. Will last several days in the refrigerator.



Jackie having lunch with her cousin, "Ba" and sweet Layla

Creamy Tomato-Balsamic Soup

Karen Werner, Stone Mountain, GA.

Makes: 4 ½-cup servings

1 cup low salt beef broth, divided
(2) 28-oz. cans tomatoes, drained
3 TB balsamic vinegar
Cooking spray
¾ cup half-and-half
5 cloves garlic
1 TB brown sugar
1 TB low-sodium soy sauce
1 cup coarsely chopped onion

Preheat oven to 500 degrees. Combine ½ cup broth, sugar, vinegar, and soy sauce in a small bowl. Place onion, garlic and tomatoes in a 13X9" baking pan coasted with cook spray. Pour broth mixture over tomato mixture. Bake at 500 degrees for 50 minutes or until vegetables are lightly browned.

Place tomato mixture in a blender. Add remaining ½ cup broth and half-and-half, and process until smooth.



Karen, Kara and Paul

Tomato and Corn Soup

Tara Farrah, Glenbrook, Lake Tahoe NV

Serves: 4

2 lbs. tomatoes
1 onion
2 cups chicken stock
Salt and pepper to taste
2 ears 1 cup corn kernels
2 TB butter
1/3 cup water

Cut tomatoes into quarters. Chop onion. Combine tomatoes, onion and stock in soup pot. Cover, bring to a simmer and cook until tomatoes are very soft, about 10 minutes.

Puree in a food processor or blender and pour through a sieve to remove skin and seeds. Return tomato mixture to the pot. Cut corn kernels from cobs and add to the pot with the butter, 1 ¼ tsp salt and ¼ tsp pepper. Simmer over low heat until corn is tender, about 5 minutes. Taste for seasoning and add salt and pepper if needed.



At home with Pat and Tara

Hog Island Manila Clam Chowder

Douglas Tuttle, Glenbrook, Lake Tahoe, NV
www.hogislandoysters.com
San Francisco Ferry Building

Serves: 6-8

6 lbs. small, raw Hog Island Clams, in the shell, rinsed
8-10 medium sized Yukon Gold potatoes, peeled, cut bite-sized

2 leek whites thin diagonal sliced
1 big carrot, peeled and thinly sliced
3 sprigs fresh thyme
2 TB butter
Salt & Pepper
½ lb. high quality bacon, sliced
1 quart heavy cream
½ small stalk celery, thinly sliced
Parsley for garnish

First, place clams in colander in sink and rinse thoroughly under running water. Pick through and discard clams with broken or open shells. Allow clams to drain in the sink while you prepare your stock.

In large stockpot bring 5-6 cups water to a boil (no salt) and cook the potatoes until al dente, or just before fork tender.



Jackie and Doug at Movie Tavern, Swanee GA

While the potatoes are boiling, in a second heavy-bottomed pot, melt the butter with the thyme. Render the bacon in the butter and thyme (over low heat, careful not to burn); once bacon is rendered, add leeks and celery, cook until vegetables are translucent. Add carrots and cook until bendable without breaking. Add the potatoes and 4 cups potato water, set aside. The base can be made up to one day ahead and kept chilled.

Portion your clams out per single, or double serving (about ¾ lb. per serving). Working in batches, place the serving(s) of clams in a heavy bottomed sauté pan over medium heat. Ladle one cup of chowder base on top and cover the pan, simmer for about 5 minutes, or until the majority of the clams open. Skim through and pick out any clams that have not opened. (Don't skip this step – unopened clams may spoil the chowder). Add ½ cup cream per serving and bring the chowder to a simmer (1-2 minutes). If it is too thick, add in more of the potato water. When the chowder is bubbling in the middle, it is ready to serve. Pour individual servings into warm soup bowls. Garnish with cracked pepper and chopped parsley and serve with warm crusty French bread to soak up all the broth. Place extra empty bowls on the table for discarding the clamshells. Enjoy!



Jackie showed him!!!!!

Ina Garten's Unforgettable Beef Stew

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

Prepare the Night Before:

2.5 lbs. chuck beef, cubed 1¼"
1 bottle good red wine
3 whole garlic cloves, smashed
3-4 bay leaves

Place beef in a bowl with red wine, garlic and bay leaves. Refrigerate overnight.



Jackie with Santa Claus 2016

The Stew:

2 cups flour
Good Quality EVOO
½ lb white mushrooms, discard stems, halved
1 lb. small potatoes, halved
1 large branch fresh rosemary
½-1 cup chopped dried tomatoes
10-oz. pkg. frozen peas
Kosher salt and freshly ground pepper
2 yellow onions, cut to 1" cubes
1 lb. carrots, peeled, sliced diagonally 1 ½" thick
1 TB minced garlic
1 large branch fresh rosemary
2 TB Worcestershire sauce

Next day, preheat oven to 300 degrees. In medium bowl add flour, 1 TB salt, and pepper, mix. Lift beef out of the marinade with slotted spoon; discard bay leaves and garlic, saving the marinade.

In batches, dredge cubes of beef in flower mix and shake off excess. Heat EVOO in large pot and brown half the beef over medium heat for 5-7 minutes, turning to brown evenly. Place beef in large Dutch oven and continue to brown remaining beef. Add more oil if necessary.

In large pot, heat another glug of EVOO before adding onions, carrots, mushrooms and potatoes. Cook about 10 minutes stirring occasionally. Add garlic and cook another 2 minutes. Place all vegetables into Dutch over beef.

Add 2.5 cups reserved marinade into the empty pot and cook over high heat to deglaze bottom of the pan scraping up all the goodie. Add chicken broth, rosemary, sundried tomatoes, Worcestershire sauce 1 TB salt and 2 tsp pepper. Pour sauce over the meat and vegetables in Dutch oven and bring to a simmer on top of the stove.

Cover the pot and place in the oven to bake for about 2 hours or until all the meat and vegetables are all tender – stir once during cooking. If stew is boiling rather than simmering, turn down the oven to 250-275 degrees. Before serving, stir in the frozen peas, season to taste and serve hot.



Jackie and Shanna Fogelman on Annandale tour, August, 2015

Jambalya

Cheryl Smith-Kenady, Roswell, GA.

1 lb. skinless, boneless chicken breasts, cut into 1" pieces

1 tsp cayenne pepper
1 lbs. andouille sausage, sliced
(1) 28-oz. can diced tomatoes
1 onion, chopped
1 green pepper, copped
2 tsp dried oregano
½ tsp dried thyme
1 cup chopped celery
1 cup chicken broth
2 tsp Cajun seasoning
1 lb. shrimp, without shells/tails
2 tsp parsley

Add all ingredients in a slow cooker except shrimp. Cover and cook 7-8 minutes on low. When ready to serve, add shrimp, stir and cook another 30 minutes. Serve with white rice.



Jackie's friends, Cheryl Smith-Kenady and Debbie Bentley, Christmas 2016

Lentil (Dahl) Soup

Charley, Donna and Eva Patton, Berkeley, CA London, U.K., Bali

1 onion finely diced
2 cloves garlic, crushed
Equal amount of grated ginger
2 TB EVOO
1 tsp sea salt
1 tomato, peeled and seeded
3 cups red lentils, rinse & drain
1-2 tsp cumin seeds

Over medium heat, combine EVOO and cumin seeds. Cook for about 1 minute. Add the onion, garlic and ginger. Reduce heat to low and cook as long as you have time for it. Minimum of 15 minutes and up to an hour. This will caramelize the onions and give a lovely sweet, nutty flavor.

Add the tomato and cook about 5 minutes. Add water and salt and turn up the heat. Cook about 40 minutes, stirring occasionally and adding water so that it doesn't dry out. You can serve it "soupy" as a soup, or drier as a side.

Serve with Rice or quinoa; and use various toppings such as microgreens, gomasio (spice blend can be found at Whole Foods and possibly other grocery stores), broccoli, mango.



Eva, Charley and Donna Patton visiting in Lake Tahoe

Papa Kornegay's Brunswick Stew

Jan Dappen, Ellijay, GA.

My daddy was pretty famous for his Brunswick Stew and Barbeque in Columbus, GA. Enjoy and think of my daddy**.**

4-lb. hen, barbequed, deboned and cut into pieces, no skin

8 potatoes peeled, boiled to mush
1 BBQ'd Boston butt, and chopped
1 cup chopped onions
2 large cans fine chopped tomatoes
2 cloves garlic, minced
Salt and pepper to taste
6- oz. can tomato paste
2 TB Worcestershire sauce
Your favorite BBQ sauce (Foy's)
Add peas, corn, baby lima beans

Simmer all ingredients for an afternoon. You can add more mashed potatoes for thickness, barbeque sauce is too thin. This stew is better the second day and freezes well.



Jan Dappen and Stephi Posey

Roasted Cherry Tomato Soup

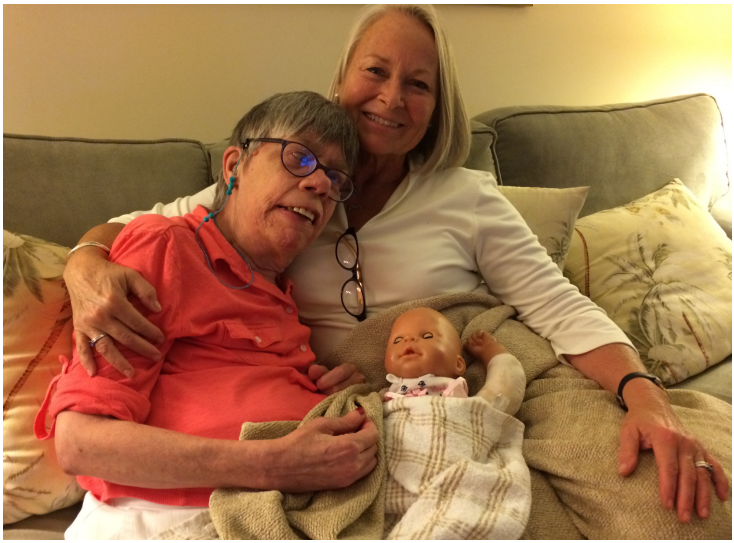
Lynn Brantley, Glenbrook, Lake Tahoe, NV.

6 containers cherry tomatoes
6-8 cloves garlic
2 cups chopped onions
2 TB butter3 TB EVOO
Sea Salt and freshly ground pepper
Thinly sliced scallions for garnish
1 tsp oregano
1 tsp thyme
3 cups chicken broth
2 8-oz. cans V-8 juice
½ -1 tsp red pepper flakes
½ cup+ extra chopped fresh basil

Line 2 sheet pans with aluminum foil. Rinse and slice tomatoes in half and place in large bowl with whole garlic cloves. Add salt and pepper and EVOO; toss to coat. Spread evenly in one row onto sheet pans. Roast at 400 degrees for about 30 minutes.

In frying pan, cook chopped onions until beginning to lightly brown and sweet, about 20 minutes. Add red pepper flakes and remove from heat. Remove tomatoes from oven.

In Cuisinart or blender, combine tomatoes, onion mixture, spices, chicken broth, V-8 juice and ½ cup basil. Blend until smooth. Pour into stock pot and heat through. Taste and adjust spices. Serve with additional fresh chopped basil and/or dollop of Greek yogurt.



Jackie, Lynn and "Tish" relaxing at home.

She-Crab Soup

Dave Brantley, St. Simons Island, GA.

1 lb. Jumbo Lump Crab meat
1 TB fresh parsley, chopped
3 tsp Old Bay seasoning
¼ cup butter
2 pints heavy whipping cream
1 quart half-and-half
Cornstarch
½ tsp salt
1/8 tsp pepper
1 pint milk

Bring all milks just to a boil. Add crab, parsley, old bay, butter and salt and pepper. When soup begins to come back to a boil, make paste with cornstarch and water. Add to the soup to thicken. Continue to cook on medium heat until soup thickens. Serve immediately.



Dave clowning with Alligator

Shrimp Chili

Luck, AJ and Dave Brantley, St. Simons Island, GA.

1 lb. hamburger meat
1 lb. bulk sausage
2 lbs. shrimp, peeled and deveined
2 cans tomatoes
2 cans dark red kidney beans
Salt and pepper to taste
2 cans light red kidney beans
2 bay leaves
Chili Powder to taste
1 small can (or more) of crushed pineapple

Brown hamburger and sausage, drain fat. Add beans, tomatoes, bay leaves and chili powder to taste. Cook for about an hour then add pineapple and shrimp right before serving. Cook until shrimp is done – only about 5 minutes. Add salt and pepper to taste.



Winner, People's Choice Award, Chili Cook-off in Brunswick, GA
Luck, her son AJ (front center) and Dave (yes)

Spiced Pumpkin and Squash Soup

Dana Lazurus-Cass, London, England

I've taken a recipe from a dear South African friend, Maryrose Kaplan, and slightly embellished it. It's almost like a sweet and sour soup that can definitely be categorized as a "comfort food".

Small cooking pumpkins, butternut
Seasonal Squashes
3-4 large carrots
2 cloves garlic
1 large onion
Knuckle of ginger
EVOO
Salt and pepper to taste
2/3 cup chicken stock
Red Thai curry paste
4-5 celery sticks

Get some seasonal pumpkins or squash and cut into large chunks. Place on a cooking try with sliced onions and garlic, carrots and ginger. Lightly coat everything with EVOO and salt and pepper. Bake at 350 degrees for about 20 minutes till pumpkin is soft and a bit caramelized. Remove all skins, rinds. Meanwhile, put the stock into a large pot.

Put baked vegetables into the pot with the stock, celery and a good TB of Thai red curry paste, and blitz away with either a hand blender or, prior to putting in the pot, a blender – making it into a nice soupy consistency. When it's thick it's a meal in itself. Adjust seasoning as desired and cook until all hot and blended. Great to make a large batch and freeze in portions.



Dana's new grandson, Lucas Jerry, born May 26, 2019

Spicy Butternut Squash Soup with Toasted Pepitas

Sandra Chase (by Michael Chiarello), Glenbrook, Lake Tahoe, NV.

Spice Rub:

¼ cup fennel seeds
1 TB coriander seeds
1 TB black peppercorns
1-1/2 tsp red chili flakes
¼ cup California Chili Powder
2 TB kosher salt
2 TB ground cinnamon

In a frying pan, toast fennel seeds, coriander seeds and peppercorns over medium heat. Turn on exhaust pan. When fennel seeds turn brown add red pepper flakes and toss several times to bring out their aroma. Turn spices out onto a plate to cool. Grind until smooth in blender or spice mill along with the chili powder, salt and cinnamon. Keep in airtight container for several weeks or freeze.

Squash:

3 lb. Butternut squash
Gray Salt
Black pepper
½ cup butter
2 TB finely chopped sage
2 TB sugar
¼ cup balsamic vinegar
¼ cup dark molasses (unsulfured)
2 tsp Spice Rub



Lake Tahoe, June 2019

Preheat oven to 400 degrees. Peel 3-lb. squash and cut into 1" cubes. Place in large bowl and season with salt and pepper. Melt the butter until it begins to brown and add the sage, sugar vinegar (be careful, it will splatter), molasses and spice rub. Simmer a few minutes to let flavors blend.

Pour over squash and toss to cot. Place squash on baking pan in a single layer with all the liquid – use two pans if necessary. Roast in the oven 45 minutes to an hour. Toss squash until tender and liquids are caramelized. Let cook enough to handle.

Soup:

2 TB EVOO
½ cup chopped onion
¼ cup chopped carrot
¼ cup chopped celery
1 cinnamon stick
Sea Salt & Black pepper
4 cups chicken broth (low sodium)
½ tsp ground coriander
Roasted Winter Squash above
½ cup ½ & ½ (optional)

Heat EVOO in large soup pot and add onion, carrot, celery and cinnamon stick. Cook until tender but not browned, season with salt and pepper. Add chicken broth and coriander, bring to a boil and reduce to simmer; add roasted butternut squash and simmer about 10 minutes. Remove the cinnamon sticks. Let cool enough to handle. In batches, transfer to Cuisinart or blender and blend until smooth. Return to clean soup pot and correct seasonings.

Pepitas:

1 lb. raw pumpkin seeds
2 tsp EVOO
1 tsp ground kosher salt
1 heaping tsp cumin
1 tsp chili powder

Preheat the oven to 400 degrees. In medium bowl, toss pumpkin seeds with all the other ingredients to coat well. Spread out on 1-2 baking sheets to form a single layer and not crowd the pan. Cook, turning often until nicely browned, about 10-15 minutes. Turn out onto paper towels to soak up extra EVOO. Let cool completely and store in sip lock or air tight container. Great for snacks too. Serve: Top soup with pepitas, mascarpone, sliced green onion; all optional.

Ten Spice Vegetable Soup

June Denny, Nutritionist, South Lake Tahoe, CA.

For the Soup:

1 ½ cups peeled and chopped sweet potato, or regular potato, or butternut

¾ cup raw cashews, soak 2+ hours
6 cups vegetable broth, divided
3 large cloves garlic, minced
1 sweet onion, diced
3 med carrots, peeled and chopped
1 red bell pepper, chopped
2 stalks celery, chopped
28-oz. can diced tomatoes
2 bay leaves
1 ½ TB 10-Spice Blend
Salt and pepper to taste
15-oz. can chickpeas, drained

10-Spice Blend: (Makes ½ cup)

2 TB smoked paprika
1 TB garlic powder
1 TB dried oregano
1 TB onion powder
1 TB dried basil
2 tsp dried thyme
1 ½ tsp black pepper
1 ½ tsp sea salt
1 tsp white pepper
1 tsp cayenne (optional)

Place cashews in bowl and add enough water to cover. Soak the cashews overnight, or for at least 2 hours. Drain and rinse. In a blender, combine the cashews with 1 cup vegetable broth and blend at highest speed until smooth – set aside.

In a large pot, heat ½ cup broth over medium heat. Add garlic and onion and sweat for 3-5 minutes, or until onion is translucent. Season generously with sea salt. Add carrots, bell peppers, potato, celery and diced tomatoes with their juices, the remaining broth, the cashew cream, and 1 ½ TB 10-Spice Blend. Stir well to combine. Bring the mixture to a boil and then reduce the heat to medium-low. Season with salt and pepper to taste and add bay leaves. Simmer soup, uncovered, for at least 20 minutes, stirring occasionally, until the vegetables are tender. Season with salt and pepper. During the last 5 minutes of cooking, stir in the spinach and drained beans.

To freeze, ladle the soup into containers (leaving about 1" head room for expansion), cool slightly secure lid and place in the freezer for up to 6 weeks.



Thai Sweet Potato-Coconut Soup

Michelle Lipson, Great Barrington, MA.

3-½ lbs sweet potatoes, peeled, in ¾" cubes
2 onions, chopped
15-oz can+ unsweet coconut milk
2 TB minced fresh ginger
4 cloves garlic, minced
3 TB Coconut or canola oil
2 red bell peppers, chopped
2 TB Thai red curry paste
3 TB+ fresh lime juice
Fresh diced cilantro and scallions

In a soup pot heat the oil. Add the onions and peppers and cook over moderate heat, stirring occasionally until tender, about 10-15 minutes.

Add the curry paste and cook, stirring about 2 minutes. Add the ginger and garlic and cook until fragrant, about 1 minute. Add the sweet potatoes and 2 quarts (I added a little more water at the end to thin the soup) and bring to a simmer. Cook until sweet potatoes are tender 20-25 minutes. Remove from the hear and stir in the coconut milk and lime juice.

In batches, puree the soup until smooth. Serve hot garnished with fresh chopped cilantro and scallions.



Michelle in Florence, Italy

Thom Kha Gai (Thai Chicken Soup)

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

3 Boxes Chicken Broth
2 TB Soy Sauce
3 TB Fish Sauce
Juice of 2 Limes
Sarachi Chili Sauce (to taste)
4 TB Brown Sugar
Salt to taste
2 Red Bell Peppers, sliced
1 red onion, halved, thin sliced
3 zucchini, halved and sliced
1+ cups tri-color cole slaw mix
6 Kaffir Lime Leaves (torn)
1.5-2 cans coconut milk
4-6 stalks of lemon grass, chunked
8" piece fresh galanga root, chunked
8 cloves garlic
6" piece of ginger, chunked
1 red jalapeno, small dice
16 oz. mixed mushrooms, sliced thin
2 cans baby corns, sliced
Fresh Coriander
2-3 Boneless Chicken Breast, cubed

With some chicken broth, using blender or food processor, make a paste from lemon grass, galanga root, garlic, ginger. Add to 2 boxes of chicken broth in large soup pan. Add 4 lime leaves and juice of one lime. Boil until reduced by at least ¼ (at least1 hour or longer). Strain solids from broth and return to heat. Add remaining box of chicken broth, coconut milk, 2 remaining lime leaves, soy sauce, fish sauce, brown sugar, lime juice and Sarachi. Bring to a simmer and test for flavor balance cooking long enough to meld flavors. Sometimes I add sugar if broth is too salty or tart; sometimes I add soy or fish sauce if broth is too sweet.



Lynn walking with the elephants, Africa, 2012

To serve, remove kaffir lime leaves from broth. Slice chicken into thin, bite sized pieces a boil about 3-4 minutes. Immediately transfer soup to bowls and garnish with fresh chopped coriander.

Notes:

- I usually freeze broth without the chicken and then thaw as much broth as I want and poach the chicken freshly. If you freeze with chicken, then chicken can get overcooked.

- I have made the broth with plain limes (juice) and it is still good; in case you can't find kaffir limes leaves.



Lynn and Doug at Royal Zambezi Lodge, Zambia Africa

Tomato-Basil Curry Soup

Rosie Medlicott, South Lake Tahoe, CA.

2 TB coconut Oil
3-4 cloves garlic, chopped
About 43 oz. canned tomatoes
3 TB red curry paste (spicy)
1 TB brown sugar
Salt and pepper to taste
2 14-oz. cans coconut milk
6 cups chicken or vegetable broth
¼ cup tomato paste (to taste)
16 large basil leaves, sliced
¼ cup chopped chives

Puree the tomatoes. Heat oil in a soup pot; sauté garlic 2-3 minutes until fragrant. Add tomatoes and season with salt and pepper.

Mix curry paste and coconut milk in a bowl; whisk until well blended. Add to the pot with tomato paste; add brown sugar a little at a time to taste. Simmer about 20 minutes.

Before serving, sprinkle with sliced basil leaves and chives. Serves 8-10.



Rosie at lunch with Belly Dancer headdress brought from Egypt
by Lynn and Diane Felchlin

Tuscan White Bean Soup

Lynn Brantley, Glenbrook, Lake Tahoe, Nevada

8 oz. pancetta or bacon
2 cups chopped or diced onions
2 cups chopped or diced carrots
2 cups chopped celery or diced
2 TB slivered garlic
8 cups chicken stock
(2-3) 14 oz cans White beans, drained*
(2) 14.5 oz cans diced tomatoes
2 TB fresh rosemary
1 tsp salt – to taste
1 tsp fresh black pepper – to taste
1+ tsp thyme
4"-piece Parmesan rind
2 bay leaves
3 TB red wine vinegar
4 cups chopped kale or chard**
4 TB chopped parsley (optional)

* I prefer the smaller white beans and use 3 cans; if you prefer the larger cannellini or navy beans, you may want to use 2 cans. You can always add more if necessary.

Cook pancetta or bacon until done, remove to drain on paper towels. Remove all but 3 TB oil from the pan. Add onions, carrots and celery and cook 3 minutes. Add garlic until aromatic.

Place vegetables in a slow cooker. Add chicken stock, beans, rosemary, salt & pepper, tomatoes, rind, thyme, and bay leaves. Cover and cook on low 4 hours.

Remove rind and bay leaves. Add greens and vinegar and cook another hour. Add parsley if desired.



Jackie working at EnAble of Georgia.

Vegetable Broth Base

Karen Webster, Cofounder, Healthy Seminarians, Decatur, GA.

2 leeks, whole, cleaned
3 TB dried, minced onions
2 TB Kosher salt
½ celery root, peeled, cubed to ½"
½ cup parsley leaves with stems
2 carrots, cleaned, peeled, sliced ½"
1-1/2 TB tomato paste
3 TB soy sauce

Process leeks through salt in food processor, scraping down sides as needed, until paste is as fine as possible. 3-4 minutes. Add tomato paste and process another minute scraping down the sides. Add soy sauce and process another minute scraping down the sides.

For the broth, add water to paste until you reach the desired strength of flavor you desire for your broth. For the remainder of the paste, transfer mixture to airtight container. Tap firmly on counter to remove any air bubbles. Press small amount of parchment to the surface to retain color. Cover and freeze up to a month (mixture will not freeze solid because of the sodium content).



Cofounders of Healthy Seminarians, Karen and Travis at a Conference

Vegetarian Sweet Potato Chili

Karen Webster, Cofounder, Healthy Seminarians, Decatur, GA.

2 TB cooking wine
1 large onions, chopped
2 tsp salt
1 tsp pepper
1 jalapeno, seeded and chopped
2 TB chili powder
2 lbs. sweet potatoes, peeled and cut into 1" pieces *
1 TB sweet paprika
1 red apple, peeled and chopped
28 oz. diced tomatoes
4 cups vegetable broth
15 oz. pumpkin puree
3-4 chipotle peppers in adobo
1-2 TB maple syrup or other
1 TB agave nectar (or equiv)
2 TB cumin
4 cloves garlic, minced
2 14-oz. cans beans (chili or black)

Optional toppings: green onions, sour cream, grated cheddar cheese

Heat cooking wine in large pot and add onions, jalapenos, salt and pepper. Sauté a few minutes until tender. Add chili powder, cumin, paprika and cook 5 more minutes. Add garlic and cook another 2 minutes. Add beans, tomatoes, pumpkin puree, chipotle peppers, sweetener and vegetable broth. Bring to a boil. Add sweet potatoes and apple, cover, reduce heat to medium and simmer 10-15 minutes until potatoes are tender. Let soup sit for 20 minutes and taste to adjust seasonings.

* If you plan to freeze the chili, use Carrots instead of sweet potatoes.



Karen at the Playground!

White Chili with Chicken

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

Makes about 11-12 cups

(2) 14.5 oz. white beans
1 TB canola oil
1 jalapeno diced
2 Poblano peppers, chopped
1 large onion, chopped
4 cloves of garlic, minced
Salt & Pepper
1 TB cumin
1 ½ tsp coriander
1-2 tsp chili powder
5 cups chicken broth
2 limes juiced (optional)
Meat from whole rotisserie chicken
¼ cup cilantro, chopped
Sour cream
Tortilla chips for garnish

Make your Own Chili Powder:

2 TB Sweet Paprika
2 tsp smoked paprika or Chipotle
2 tsp oregano
½ tsp cayenne
1 ½ tsp cumin
1 ½ tsp garlic powder
¾ tsp onion powder

Make your chili powder. Rinse and drain white beans. Heat canola oil in large soup pot. Sauté onion peppers and garlic until crisp tender, season with salt and pepper. Add cumin, coriander and chili powder, stir to coat well. Add chicken stock, chicken and cilantro. Taste to balance seasonings and add lime if using. Simmer until all flavors blend and vegetables are tender.



Jackie arriving at EnAble Gala in a limo, 2014

Yvonne Lucie Boudreaux's Thibodaux, LA Gumbo

Submitted by Brad and Cathy Almond, Dallas, TX.

At the very heart of Cajun cooking is the gumbo. Cajuns brag about their family's gumbo recipe as if it is a member of the family. Recipes and techniques are passed down through generations. Centered around a roux as its base with the holy trinity of Cajun cuisine, onion, bell pepper and celery, gumbo is an imminently flexible dish capable of taking on any protein that might find its way into the pot. The word gumbo derives from the West African word for okra which is often used as a thickening agent. The truly North American addition to gumbo was the use of file (dried and ground sassafras leaves) by the local Choctaws which can replace okra as the thickening agent, and added flour. The Boudreaux variant, used file but get two Cajuns in a room and the okra versus file argument will commence. The key to any gumbo is the roux which originates from French cuisine. After all, what is gumbo without a roux? Well, it's just soup and what fun is that? *Laissez les bon temps rouler!*

2 lbs. chicken thighs and drumsticks with skin and fat

6 TB vegetable oil
6 TB flour
½ cup celery
1 small bell pepper
½ cup Italian parsley
¾ TB salt
¾ TB Cajun seasoning
2 tsp gumbo file
1 onion
1 lb. smoked sausage links
1 cup lump crab claw meat
8-10 cups turkey or chicken broth*
¾ TB coarse ground pepper
White rice

* Of course, the best broth is made from Thanksgiving Turkey



Yvonne Lucie Boudreaux

Dice onion celery and bell pepper. Roughly chop Italian parsley. Cut link sausage into ¼" pieces.

Make the roux. In 6-quart Dutch oven, heat oil on medium high heat. When oil is shimmering, add flour to oil and it should immediately look as if it's boiling. Stir constantly until it reaches the color level desired, never stop stirring or leave it unattended. Desired color is medium to dark brown. The roux will take on a smooth peanut-butter feel and texture. If the roux burns, toss it out and start over. A good roux usually takes 15-25 minutes to reach the right color.

Add in the onion and celery to the roux. Stir until vegetables are slightly wilted, about 3-5 minutes. Add the broth (pre-warm the broth or roux may curdle) to dissolve the roux. Bring to a simmer, add salt, pepper and Cajun spices. Add chicken in whole parts with skin and maintain simmer. Cover, stirring occasionally until chicken is cooked and tender, about one hour. Remove chicken, strip and discard skin, remove bones and fat. Return chicken to the gumbo, add sausage, chopped bell pepper and parsley. Bring to a simmer for 20 more minutes. Remove from the heat and add file (thickens and adds texture and taste). Gumbo is best a day later when the flavors marry. Serve in a bowl over a small portion of white rice. The majority of the bowl should be gumbo, the rice is a simple starch base.



Chloe Almond, great-granddaughter of Lucie, cooking at Thanksgiving

Pasta

Angie's Bolognese Pasta Sauce

Victor and Angie Smith, Roswell, GA.

1 lb. lean ground meat
½ lb. ground sausage
(1) 28-oz. can crushed tomatoes
Salt and pepper to taste
2 TB EVOO
1 clove garlic, minced
½ tsp basil
½ tsp oregano

In a large skillet, warm oil over medium heat and sauté garlic. Set aside.

In large saucepan, brown beef and sausage. Drain off excess fat. Stir in crushed tomatoes, basil, oregano, salt and pepper. Cover; reduce heat and simmer one hour, stirring occasionally.

Bring large pot of lightly salted water to a boil. Add pasta and cook for 8-10 minutes or until al dente; drain. Serve the sauce over the hot pasta



Victor and Angie Smith in front of their Roswell Home

Classic Beef Stroganoff

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

2 lbs. top round, tri tip or shell steak cut ¼" thick and into 1" pieces

3 TB flour
Salt and pepper to taste
5 TB butter
2 TB EVOO
4 cups sliced white mushrooms
½ cup Parmesan Cheese
Thinly sliced scallions or
1 tsp thyme
½ cup sour cream
¼ cup red wine
1+ tsp Dijon mustard
3 cups low-sodium beef broth
12 oz. egg noodles
1 cup finely chopped onion
6 cloves garlic, minced
Chives as garnish

Cook egg noodles according to the package. Season beef with salt and pepper. Heat 1 TB EVO in large skillet and brown half the beef (don't crowd the beef or it will simmer instead of brown) until just browned and transfer to a place. Repeat as you need until all beef is browned. Remove skillet from heat and add 2 TB butter and 1 TB EVOO to pan and stir until butter melts. Add the mushrooms and cook over medium heat until they release their liquid, about 5 minutes. Add onions and thyme stirring until liquid has evaporated and onions begin to soften, about 4-5 minutes; add garlic and cook until fragrant. Sprinkle mushroom mixture with flour and toss to coat; add broth, mustard and wine. Stir and scrape any browned bits off bottom of pan. Continue to stir until sauce is nice and thick and creamy. Add meat and any accumulated juice and combine cooking another 3-4 minutes. Add the sour cream and Parmesan cheese and incorporate into the sauce. Serve over egg noodles topped with sliced scallions or chives.



Jackie's nieces and nephews: Lindsey Avery, Chris Lowell, Tom Avery and Andrew Lowell in the middle!

Creamy Garlic Butter Tuscan Shrimp

Alberta Daniel, Lithonia, GA.

2 TB butter
6 cloves garlic, finely diced
1 lb. shrimp, peeled and deveined
1 small yellow onion, diced
½ cup white wine
5 oz. sundried tomatoes in oil, drained (reserve 1 tsp oil)
1-¾ cups ½ & ½ or almond milk
¼ - ½ cup pasta cooking liquid
Salt and pepper to taste
3 cups baby spinach leaves
2/3 cup fresh grated Parmesan
1 tsp cornstarch w/1 TB water
2 tsp dried Italian herbs
1 TB fresh parsley, chopped

Whole wheat pasta

Prepare pasta according to package, reserving ½ cup cooking liquid. Heat large skillet over medium high heat. Melt the butter and add garlic; fry until fragrant (about 1 minute). Add shrimp and fry 2 minutes on each side, until JUST cooked through and pink. Transfer to bowl.

Fry onion in butter remaining in skillet. Pour in white wine and allow to reduce by half, scraping any bits off bottom of pan. Add sundried tomatoes and fry to 1-2 minutes to release flavors. Reduce heat, add Italian herbs, half and half and bring to gentle simmer, stirring occasionally. Season with salt and pepper to taste. Add in spinach and allow to wilt in the sauce. Add Parmesan cheese. Allow cheese to melt, stirring and continue to simmer. If you would like thicker sauce, add the cornstarch mixture. Add ¼ cup pasta cooking liquid, return shrimp to the pan; stir to combine and add pasta to sauce. Toss to combine well and serve to individual plates. Sprinkle with parsley and extra Parmesan cheese.



Thanksgiving Dinner with Doug, Jackie and Bertie at Lake Tahoe

Creamy Pasta with Cap'n Mike's Smoked Oysters

Cap'n Mike and Sally Hiebert's Holy Smoked Salmon, Rhonert Park, CA.
sally@holysmokedsalmon.com

½ lb. Cap'n Mike's smoked oysters (or smoked salmon cut in bites)
1 lb. pasta (fusilli or linguini)
½ cup white wine
Bag of baby spinach
1 red onion thinly sliced
2 cups grated Parmesan
½ cup panko
2 Tb butter
¼ cup capers
½ cup heavy cream
Red pepper flakes (optional)

Cook pasta al dente according to instructions on package; drain, reserving 1 cup cooking liquid. Melt half butter in a skillet over medium heat, add half garlic and cook until fragrant, about 1-2 minutes. Add breadcrumbs and cook until they are brown and crispy. Set aside.

Melt remaining TB butter and cook red onion until translucent; add capers and cook until beginning to crisp 2-3 minutes, then add garlic until fragrant.

Add white wine and cook until most liquid is gone; add spinach, lemon juice and ¼ cup reserved cooking liquid, stir and cook until spinach is wilted. Add oysters or salmon and cook until heated through, a couple minutes. Add cream and half the Parmesan continue to cook until thick and the cheese has melted.

Add pasta and mix well together. Sprinkle with red pepper flakes if using and serve in bowls with additional Parmesan. ENJOY!



Jackie fishing in St. Simons Island, GA.

Elegant Crab Spaghetti

Jackie Brantley, Annandale Village, Suwanee, GA.

10 oz. uncooked spaghetti
1 TB EVOO
1 ½ cups sliced, cored fennel
1 tsp crushed red pepper
¼ tsp kosher salt
2 garlic cloves, thinly sliced
4 lemon wedges
½ cup grated Parmesan cheese
12 oz. fresh lump crabmeat, picked
5 TB Dice flat-leaf parsley, divided
2 TB butter
2 TB thinly sliced basil
2 TB coarsely chopped mint

Cook pasta according to package directions. Drain & save ¾ cup cooking liquid.

Heat EVOO and butter in large skillet over medium heat. Add fennel and sauté about 7 minutes. Add crushed pepper, salt and garlic; cook about 1 minute. Add crab and cook 2 minutes, gently stirring so not to break up the crab. Add pasta, Parmesan and reserved cooking liquid; toss to coat and heat through, another 2-3 minutes. Stir in 3 TB parsley.

Divide pasta between 4 shallow bowls; top evenly with remaining 2 TB parsley, basil and mint. Serve with lemon wedges. Serves 4.



Jackie at "Anniebelle" with Roza Hussen, R.N., D. Scott Hudgens Center for Nursing, Annandale Village, Suwanee, GA.

Fresh Friggere Ravioli (Fresh Fried Ravioli)

Sierra Chef Owner, Cynthia Ferris-Bennett, Genoa, NV.

3 cups Semolina flour
2 TB EVOO
1 cup warm water
2 cups Ravioli filling of your choice
1 cup of your favorite marinara
Shredded Parmesan Cheese
¼ unsalted butter
2 TB EVOO

Pasta:

Put flour on surface, make a well, add the EVOO and a small amount of water. Mix, bringing flour from around the edges, kneading together. Add more water as needed until the dough is smooth. Cover with a bowl and let rest for 10 minutes. Re-knead and cover again for 15 minutes. Divide into 3 balls and roll the dough out your or feed it through a pasta roller. Dough should be about as thick as a nickel.

Ravioli:

To assemble the ravioli, brush the egg wash over a sheet of pasta. Drop 1 tsp of your filling mixture about 1 inch apart. Place a second sheet of pasta dough on top, and press firmly around each drop of filling. Cut into individual ravioli with a knife or ravioli pin and seal the edges.

Friggere:

Add the butter and EVOO to a skillet on medium heat. Add ravioli, round side down and Friggere (fry) until they just begin to brown (2-3 min). Flip ravioli and Friggere the other side for 1-2 minutes. Keep watch as they will turn brown quickly. After browing both sides, remove and set on paper towel to drain. Top with Marinara Sauce and Parmesan cheese and serve immediately…..MANGIA!



Cynthia Ferris-Bennett, Founder, Sierra Chef, Genoa, NV.
www.sierrachef.com

Gluten Free Honey Garlic Meatballs

Jill Rozier, Lake Tahoe Markets
The Tahoe Basin's online Organic Farmer's Market
www.laketahoemarkets.com

For the Meatballs:

1 lb. grass-fed ground beef
1 onion, pureed in food processor
2 cloves garlic, minced
1 cup oats
1 large egg
2 TB EVOO
1 tsp salt
¼ tsp pepper
½ tsp cumin

Preheat oven to 375 degrees. Line a baking sheet with parchment paper and put aside. In a large bowl, combine ground beef, purred onions, garlic, oats, egg olive oil and spices. Roll into meatballs. Place meatballs on the prepared baking sheet and cook for 35 minutes.

For Honey Garlic Sauce:

4 cloves garlic, minced
1-1/2 cup tomatoes, finely chopped
1 TB soy sauce
2 TB raw honey
6 small carrots peeled, chopped
Chopped parsley for garnish

While the meatballs are in the oven. Place all the sauce ingredients EXCEPT honey, in a large saucepan and cook for about 15 minutes. Place the carrots in the same pan and let them get slightly tender. Bring the heat to the lowest setting, add in honey and cooked meatballs. Toss and remove from the heat. Garnish with chopped parsley and serve over gluten free pasta or rice.



Stephen, Jill and Dani Rozier

Pasta Puttanesca

Jann Bellamy, Tallahassee, FL.

2/3 lb. linguine or spaghetti
3 TB EVOO
2 TB capers
½ cup Kalamata or Nicoise, olives, pitted, halved
Crushed red pepper flakes to taste
3 cloves garlic, chopped
3-5 anchovy fillets
Salt to taste
28-oz. whole plum San Marzano tomatoes

Bring pot of water to boil and salt it. Warm 2 TB EVOO with garlic and anchovies over medium-low heat and stir until garlic is barely golden. Add olives, capers and pepper flakes and stir a minute more.

Drain tomatoes and crush. Add to pan with salt to taste (Olives, capers and anchovies may make additional salt unnecessary). Simmer over medium heat, stirring occasionally, until tomatoes break down and mixture thickens a bit – about 15 minutes. Cook pasta per package instructions. Drain and toss with the sauce and add remaining 1 TB EVOO.



Jann hiking in Baja, Mexico, January, 2019

Ravioli Two Ways

Tabytha Ruben, New York, New York

Basil-Ricotta Ravioli:

¾ cup ricotta cheese
½ cup Parmesan cheese, divided
¼ cup torn fresh basil, divided
½ tsp grated lemon rind
3/8 tsp black pepper, divided
¼ tsp kosher salt, divided
16 square wonton wrappers
1 large egg, lightly beaten
4 tsp EVOO, divided
3 garlic cloves sliced
10 oz. baby spinach (about 8 cups)
2 tsp fresh lemon juice

Combine ricotta, ¼ cup the Parmesan, 2 TB basil lemon rind, 1/8 tsp each salt and pepper in small bowl. Arrange 8 wanton wrappers on clean work surface (cover remaining wrappers with damp cloth to keep from drying). Moisten edge of wrappers with egg. Place 1 TB ricotta mixture in center of each wrapper. Fold in half, pressing well to seal edge. Cover with damp cloth. Repeat with remaining ricotta mixture.

Bring large saucepan filled with water to a boil. Carefully add ravioli to the water and cook 3 minutes stirring occasionally. Remove with slotted spoon. Heat 2 tsp EVOO in a large skillet over medium heat; add garlic and sauté 2 minutes. Stir in remaining 1/8 tsp salt and spinach. Stir in lemon juice. Divide spinach between 4 plates; top evenly with ravioli, remaining ¼ cup parmesan cheese, 2 TB basil, remaining ¼ tsp pepper and last 2 tsp EVOO. Serve with blistered cherry tomatoes or fresh salad



Tabytha and Lynn hiking at Point Lobos, Carmel, CA.

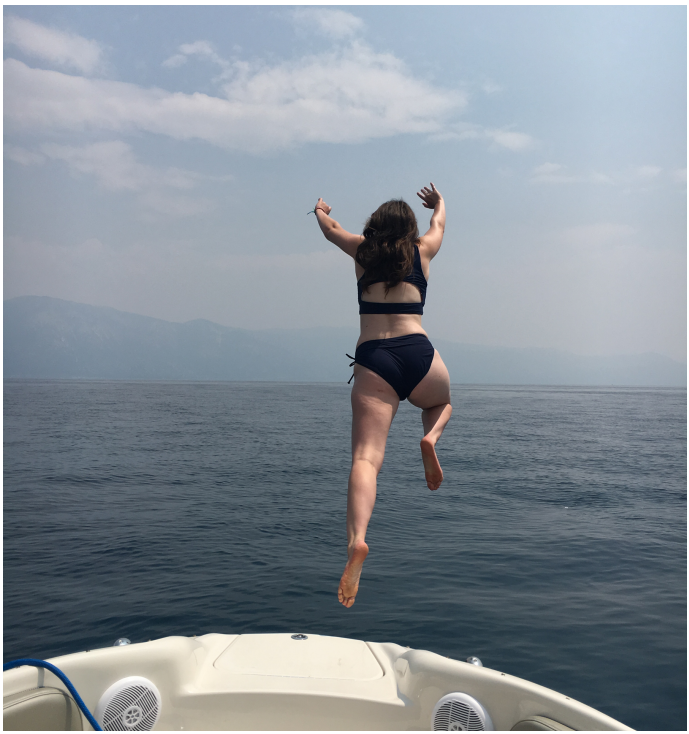
Butternut Squash Ravioli with Brown Sage Butter:

1 Butternut squash, halved, seeded
Cooking Spray
½ cup butter
3 TB EVOO divided
12 sage leaves1 large egg, shirred
¾ cup grated Reggiano Parmigiana
2 TB fresh lemon juice
½ tsp kosher salt
48 wonton wrappers

Place two halves of butternut squash on a cookie sheet and place in oven preheated to 350 degrees. Add water that generously covers the bottom of the pan. Cook an hour or until squash is tender. Add more water if needed. Remove squash and let cool. Scoop about 1¼ cups squash into medium bowl.

In large skillet add butter and sage leaves over medium heat. Remove 1TB sage butter and 2 TB EVOO and add to the bowl with the squash. Add ½ cup Parmesan, lemon juice and salt and stir to combine. Remove sage to a plate, reserve the sage butter.

Prepared ravioli as directed above and serve with warmed sage butter drizzled over the top, sprinkled with remaining Parmesan cheese and 3 crispy sage leaves per plate.



Tabytha JUMPING into Lake Tahoe, 2017

Shrimp Scampi with Chorizo

Sue Lipson, Great Barrington, MA

32-40 medium raw shrimp, peeled and deveined (about 1.25 lbs.)

1 TB Kosher salt separated
1 lb. spaghetti or angel hair
4 TB butter
3.5 TB EVOO
¼ cup lemon juice
7 oz. Chorizo removed from casing
2 TB minced garlic
¼ tsp freshly ground pepper
32-40 cherry tomatoes, quartered
1/3 cup chopped parsley
½ tsp lemon zest
1/8 tsp red pepper flakes (to taste)
freshly grated Parmesan cheese
1 chopped onion

Bring water, 1 TB EVOO and ½ TB kosher salt to a boil; add linguine and cook 7-10 minutes according to instructions on package. Save about ½ cup of pasta water; then drain pasta.

In the meantime, on medium heat, melt butter and EVOO in large frying pan, add chorizo sausage and brown. Add onions until crisp-tender, then garlic until fragrant (another 1-2 minutes). Add remaining ½ TB salt, pepper and tomatoes. Cook until tomatoes begin to wilt and weep. Add some pasta water and shrimp to frying pan. Stir until shrimp are pink and no longer translucent – about 5 minutes. Remove from heat and add lemon zest, juice, parsley and pepper flakes. Add pasta to shrimp mixture and toss to coat. Serve immediately with freshly grated Parmesan cheese.



Sue and Lynn at Greyfield Inn, Cumberland Island, GA. 2018

Shrimp Pasta with Vodka Sauce

Sue Lipson, Great Barrington, MA.

10 oz. refrigerated fresh fettuccine
2 TB EVOO, divided
12 oz med shrimp, peeled, deveined
1/3 cup chopped basil, divided
½ cup heavy whipping cream
½ tsp kosher salt
¼ tsp black pepper
¼ cup thinly sliced scallions
1-1/3 cups lower-sodium marinara sauce
¼ cup Parmesan cheese
1 small onion, chopped
3 cloves garlic, thinly sliced
¼ tsp crushed red pepper
1/3 cup vodka

Cook pasta according to the package. Drain.

Heat 1 TB EVOO in large skillet over medium high heat. Add shrimp and sauté about 4 minutes until done. Remove from pan.

Add 1 TB EVOO and garlic to pan; sauté 1 minutes until fragrant; add pepper flakes and combine. Carefully add vodka and cook another minute. Add marinara, ¼ cup basil, cream, salt and pepper; bring to a simmer. Stir in scallions, pasta and shrimp. Sprinkle with remaining basil.



Jackie's sister, Sue PARAGLIDING – right up there with the birds!

Spicy Shrimp Noodles

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

Serves: 4

½ cup chopped, unsalted peanuts, divided
Pad Thai noodles
3 TB canola oil
2 cups sliced scallions
1.5 TB fish sauce
12 oz. med raw shrimp, peeled, deveined
1 large egg
6-8 oz. brown rice
4 TB ketchup
3 TB fresh lime juice
1-1/2 TB Sriracha chili sauce
½ cup sliced fresh pea pods
3 TB Cilantro
1 TB water

Cook noodles according to package.

Heat oil in large skillet over medium high heat. Add scallions, pea pods and shrimp. Cook, stirring often, until scallions are bright green, 1-2 minutes. Add egg; cook, stirring constantly, until egg and shrimp are cook, about another minute.

Add noodles half of the peanuts, ketchup, lime juice, Sriracha, fish sauce and 1 TB water. Toss well to combine. Serve in shallow bowls; sprinkle with cilantro and remaining peanuts.



Jackie's Dad, Haskew was inducted into the Georgia Tech Hall of Fame for Diving in 2001; Jackie's sisters, Sue and Lynn and brother, Dave

Spring Carbonara

Barbara Gottschalk, Gardnerville, NV.

8 oz. whole wheat linguine
4 center cut pieces of bacon
1-1/2 cups fine chopped asparagus
1 clove garlic, thinly slices
3 large egg yolks
¾ tsp kosher salt
¾ tsp black pepper
¼ cup thinly slice scallions
¾ cup grated Parmesan cheese, divided
2 TB EVOO
1-1/2 cups baby peas

Cook pasta according to package directions; drain in colander over a bowl and reserve ¾ cups cooking liquid. While pasta cooks, add bacon o a large skillet and cook until crisp; transfer to paper towels. Crumble into a medium sized bowl. Add asparagus and garlic to drippings in skillet; cook, stirring often until beginning to brown, about 3 minutes. Remove from heat. Transfer vegetables to bowl with bacon.

In another bowl whisk egg yolks, salt and pepper and 3 TB Parmesan.

In skillet add EVOO, draining pasta, ¼ cup reserved cooking liquid and egg mixture. Heat skillet of medium heat and cook constantly until sauce has thickened slightly, about 1-2 minutes. Add bacon, asparagus, garlic, peas, scallions and another ¼ cup cooking liquid, and toss to combine. Cook until heated through another 1-2 minutes. If necessary, add remaining ¼ cup liquid to reach desired consistency. Serve with remaining Parmesan cheese sprinkled on top. Serves: 4.



Doug and his mother, Barbara Gottschalk at lunch in Big Sur, CA.

Spring Pasta with Morel Mushrooms

Douglas Tuttle Glenbrook, Lake Tahoe, NV.

Serves 4-6

1 TB butter
½ cup finely diced shallots
1 TB fresh chopped thyme
1-2 tsp kosher salt
6 oz. fresh morels, cleaned, trimmed
¾ cup unsalted chicken stock
12 cups water
½ cup grated Parmesan cheese, divided
12 oz. asparagus, trimmed
12-oz. package fettuccini
¼ cup half & half
1 tsp grated lemon rind
3 oz. cream cheese, softened
½ tsp freshly ground pepper
2 TB fresh tarragon

In butter sauté shallots, thyme, salt and mushrooms in skillet over medium high heat for 4 minutes. Add stock, bring to a boil; reduce heat and simmer until liquid is reduced by half (about 2 minutes) remove from heat.

Bring 12 cups water to a boil in Dutch oven. Shave asparagus into thin strips using a vegetable peeler. Add pasta; cook 2 minutes. Add asparagus; cook 2 minutes and drain reserving ½ cup cooking liquid.

Return mushroom mixture to medium-high heat; add half & half and lemon rind. Add cream cheese, half Parmesan and pepper, stirring with a whisk until smooth. Add ¼ - ½ cup cooking liquid and mushroom mixture to the pasta, and tarragon. Toss to mix and serve with freshly grated Parmesan cheese.



Doug's 60th Birthday with Lynn and our friend, Lawrence Lundblad

Vegan Macaroni and Nacho Cheese

A Hagan Family Favorite, Vancouver, WA.

2 cups potatoes
1 cup carrots
1/3 cup EVOO
½ cup water
1 TB lemon juice
½ cup nutritional yeast
1 tsp salt
½ tsp garlic powder
½ tsp onion powder
1 dash cayenne pepper

Boil potatoes an carrots until tender, about 20 minutes. When done, drain and reserve liquid. Put all ingredients in a blender and blend until smooth. If cheese is too thick, add a little of the reserve potato liquid.

Cook elbow noodles according to the package and pour cheese over the noodles while hot. Serve immediately.



Abby and Emma Hagan with friend Noah ready for the 4th of July Golf Cart parade in Glenbrook, Lake Tahoe, 2018

SEAFOOD

Alabama Shrimp Rolls

Jackie Brantley, Annandale Village, Suwanee, GA.

Serves: 4 - 6

1 lb. medium shrimp
1 cup mayonnaise
Zest and juice of 2 lemons
1 TB minced jalapeno pepper
1.5 TB honey
1 TB red wine vinegar
1 tsp hot sauce
½ tsp pepper
¼ tsp cayenne
1 tsp chopped fresh mint
1 tsp chopped fresh parsley
1 tsp chopped fresh celery leaf
¼ cup diced celery
¼ cup diced red onion
1 tsp salt
4-6 hotdog buns, browned in a skillet, buttered on the outside

Boil shrimp in water for 2-3 minutes. Cook, peel, devein and cup each into 2-3 pieces.

In a mixing bowl whisk mayo, lemon zest and juice, jalapeno pepper, honey, red wine vinegar, hot sauce, salt, pepper and cayenne.

In another bowl add shrimp, mint, parsley, celery leaf, celery and red onion. Toss well to coat the shrimp and fold into the mayo mixture. Chill. Toast the inside of the hot dog buns and stuff with shrimp. Serve immediately.



Jackie riding Susu's horse, Gypsy, at our old house
on Riverside Drive, circa 1971

Asian Style Poached Salmon

Douglas Tuttle, Glenbrook, Lake Tahoe, NV.

Serves: 6

6 garlic cloves, sliced
4"x2" piece ginger, peeled , grated
2-3 celery stalks, copped
2-3 scallions, sliced
1 star anise pod (or ½ tsp ground)
Pinch of fresh ground pepper
4 cups chicken broth (low sodium)
2-1/2 cups water
¾ cup soy sauce, low sodium
2 TB sesame oil
1-1/2 lbs. salmon filet

Put all ingredients except salmon into large skillet, cover and stir to combine. Over medium high heat bring to a boil and reduce to a simmer for 25-40 minutes depending on desired strength of flavor.

Carefully put the salmon filet into the poaching liquid. Cover and cook for about 15 minutes or until fully cooked through – it should flake easily with a fork.

Remove the Salmon and keep warm. Continue to cook down the liquid for about 20 minutes or until reduced to a thicker sauce that can be spooned over the fish. Serve immediately.



Jackie and Doug

Blackened Cod with Ginger Plum Salsa

Sue Lipson, Great Barrington, MA.

4 Cod Filets (Wild Alaskan)
2 TB Blackening Seasoning
2 TB EVOO

Salsa:

2 tsp fresh ginger, peeled and grated
2 TB fresh lime juice
1 TB honey
1 TB EVOO
1 tsp Kosher salt
½ tsp fresh ground pepper
4 cups ripe plums, diced
2 green onions, thinly sliced
¼ cup fresh cilantro, chopped

Season both sides of cod filets with blackening seasoning and set aside until it comes to room temperature, about 10 minutes.

Meanwhile, make the salsa. In a large bowl, whisk together ginger, lime juice, honey, EVOO, salt and pepper. Add plums, green onions and cilantro and toss to coat well with dressing. Set aside until ready to use.

Coat a large nonstick pan with 2 TB EVOO and bring pan to a medium high heat. When pan is hot (not smoking) place cod in pan. Sear cod until a nice brown crust develops, about 5-7 minutes. Gently turn and sear the other side for 5-7 more minutes or until cod is flakes easily. Serve immediately topped with plum salsa. Serves 4.



Jackie and Sue out to lunch

Creamy Shrimp Chimichurri

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

4 TB EVOO
3 cloves of garlic
1/8 tsp red pepper flakes
½ cup parsley
1/3 cup cilantro
½ cup basil
Salt and pepper
½ cup half and half
½ cup Parmesan cheese
½ jalapeno pepper
1.5 tsp freshly grated orange rind
2-3 TB fresh orange juice
2-3 tsp white balsamic vinegar
1.5 TB freshly squeezed lime juice
1 lb. raw shrimp, peeled, deveined
2 TB oregano
2 scallions (green & white parts)

Place EVOO, garlic, red pepper flakes, parsley, cilantro, basil, salt and pepper, oregano, scallions, jalapeno pepper, orange rind and juice, balsamic vinegar, and lime juice in a food processor and process until pretty smooth. There will still be pieces of the herbs. Refrigerate a couple hours and taste for flavor balance.

In large frying pan place half the sauce and the shrimp. On medium high, cook shrimp until pink on one side then flip over 2-3 minutes on the other side. Add the rest of the sauce, half and half and Parmesan cheese. Stir and cook only until heated through. Serve immediately over rice pilaf with a crisp green lettuce or kale salad.



Jackie having fun during Pumpkin Fest at New Community Church in Roswell

Deviled Crab Casserole

Recipe from Great Grandmother Edmonia Churchill Stansbury
Submitted by: Karen Werner, Stone Mountain, GA.

Serves: 4 - 6

2 lbs. crab meat-lump, claw, special
1 bell pepper finely chopped
1 can evaporated milk
Salt and pepper to taste
1-1/2 tsp mustard
1 tube saltine crackers, crushed
1 stick melted butter
Paprika for garnish

Crumble crabmeat, pick out any loose shells, add crackers, bell pepper and salt and pepper to taste.

Melt butter and add mustard to butter and pour over crab. Toss the whole mixture with your hands. Add the canned milk to get the right moist consistency. Put in greased casserole (spray with Pam) and drizzle butter on top. Cook at 350 degrees for 30 minutes. Sprinkle with paprika on top to garnish.



Kara swimming at Annandale Village

Dover Sole with Creamed Spinach

Jackie Brantley, Annandale Village, Suwanee, GA.

10-oz spinach frozen chopped, thawed
½ cup mayonnaise
½ tsp roasted garlic-herb seasoning*
Salt and pepper taste
½ cup sour cream
2 TB butter, cut into cubes
4 Dover Sole filets (about 1 lb.)
½+ cup grated Parmesan cheese

Roasted Garlic-Herb Seasoning:

¼ cup garlic powder
2 TB sea salt
1 TB brown sugar
1 TB dried parsley
1 tsp lemon pepper
½ tsp sweet paprika

Preheat oven to 500 degrees. Squeeze spinach dry; spread evenly over bottom of an 8" square baking dish and dot with butter. Arrange fish in a single layer over spinach. Combine remaining ingredients and divide evenly over fish, spreading to cover filets; sprinkle with salt and pepper. Bake 8-10 minutes or until fish separates easily. Let stand 5 minutes before serving.



Jackie holding her newly born nephew, Christopher, 1985

Herb Roasted Fish in Parchment

Sue Lipson, Great Barrington, MA.

(2) 6-8 oz. boneless fish filets such as snapper, cod or halibut (I use halibut)

2 TB EVOO (1 TB each)
2+ large springs of thyme
4 large green Cerugnola olives with pits
2 TB freshly squeezed lemon juice
2 sheets of parchment paper
1 tsp kosher salt
½ tsp freshly ground pepper
1 large egg
Sliced lemon

Place fish filets on one half of a piece of parchment paper and sprinkle it with salt and pepper. Drizzle with lemon juice and EVOO. Lay the thyme on top and place olives next to the fish filet.

Beat the egg with 1TB water for an egg wash. Brush the egg wash around the edge of the parchment paper and fold in half. Carefully fold the edge of the parchment paper under and around the fish to make a package. Place the package on a cookie sheet and cook for 12 – 15 minutes until the fish is cooked through. Serve hot in the parchment paper. Serve with lemon wedges for garnish. Serves: 2.



Jackie's sister, Susu at the pool, 1961-2

Kokkari Roasted Shrimp

www.kokkari.com, Jackson Street, San Francisco
Lynn Brantley, Glenbrook, Lake Tahoe, NV.

The Shrimp:

1 lb. shrimp, peeled, deveined, tail-on (shells reserved)
¼ cup thinly sliced scallions
¼ cup + 2 TB EVOO
½ tsp smoked paprika
Salt and pepper to taste
¼ cup coarsely chopped dill
1 thick slice yellow onion
1 cup Kokkari Tomato Sauce*
¾ cup feta cheese

Boil the shrimp shells in just enough water to cover them. Add onion and bring to a boil. Reduce heat to medium and simmer 10 minutes. Strain and retain the stock.

Preheat the broiler with the rack 6—8" below the flame. In a skillet combine the tomato sauce and 11/3 cup of the shrimp stock. Bring to a simmer for a couple minutes and remove from the heat. Add half the feta, dill and scallions. Toss the shrimp in ¼ cup EVOO, paprika and salt and pepper. Place in oven-proof dish in a single layer. Spoon over the sauce and top with remaining feta. Broil until bubbly and feta begins to brown. Serve immediately with warm, crusty bread.



Jackie and her friend, Lola

Kokkari Tomato Sauce (makes 2-1/2 cups):

28-oz. can tomatos (like Marzano)
2 cloves garlic, crushed
¼ cup EVOO
1 TB tomato paste
½ tsp oregano
1 sprig fresh basil
Sea salt to taste

Puree the tomatoes. In large skillet, heat the EVOO and add garlic. Cook about 1 minute until fragrant then discard. Add tomatoes and cook until the sauce begins to thicken. Add tomato paste; add oregano and simmer 5 minutes. Add the basil and remove from the heat. Season with salt.



Jackie LOVES Lola!

Mama's Fish House Mahi Mahi Sauté

Mike Lundblad, Maui, Carmel, Lake Tahoe, CA.

(2) 5-6 oz. Mahi fillets
Freshly ground salt and pepper
4 TB EVOO
1 egg each
½ cup low-fat milk
½ lemon each, juiced
2 TB butter
1 TB Italian parsley, chopped
¼ cup white wine
3 TB macadamia nuts, chopped
Flour to coat

Prep fish by cutting into fillets, removing all bones and any blood line. Season fish with kosher salt and pepper. Make egg wash by mixing egg and milk. Season with salt and pepper. Dip fish into the egg wash, then dust with flour.

Heat pan over medium heat and add EVOO. Place fish in oil and brown on one side (about 2-3 minutes). Flip and brown the other side. Remove fish to plates and keep warm. To the same pan, add butter, parsley, nuts, lemon and wine. Shake to incorporate into a sauce. Reduce slightly to get sauce consistency and pour over fish. Serve immediately.



Mike and his kids, Adam and Lea Lundblad at the Giants Game

Meaty White Fish with Homemade Tartar Sauce

Elsie Kelly, Glenbrook, Lake Tahoe, NV.

For the Fish:

4 fish filets (Opah, Ono, Mahi-Mahi, swordfish or other steak-like white fish)

1 TB EVOO
1 TB butter
Fresh parsley for garnish
Fresh lemon slices
2 Eggs
10 crushed Ritz or saltine crackers
Salt and pepper to taste

Tarter Sauce:

1 cup Greek yogurt
1/3 cup mayonnaise
1 TB+ chopped coarsely chopped celery
1 TB sliced green onions
1-1/2 TB sweet pickle relish
1 TB chopped capers

Combine all ingredients and refrigerate. Keeps well in refrigerator. Melt butter and EVOO in large skillet. Whisk egg in a flat-bottomed dish and place crushed cracker crumbs on a plate. Dip each filet in egg then into the cracker crumbs and pat to help crumbs stick to fish. Season fish with salt and pepper.

Heat butter and EVOO in a large skillet. When the pan is hot, place fish into pan and cook until turning brown, about 5-7 minutes; carefully turn each filet and cook another 5-7 minutes. Sprinkle fish with a little fresh parsley (or just use a sprig) for garnish and sliced lemons. Serve with homemade tarter sauce.



Elsie and her grandchildren in Lake Tahoe

Poached Salmon

Douglas Tuttle, Glenbrook, Lake Tahoe, NV.

1 – 1½ lbs. salmon filet
Pan with lid to fit whole filet
50% white wine; 50% water, 1" depth
5-10 sprigs of Italian flat leaf parsley
3-4 TB finely diced shallot
¼ - ½ tsp dill, dried or fresh
Salt to taste
White pepper or black pepper

Put all ingredients (except fish) into pan and heat on stove to a light boil. Add salmon, cover and simmer for 5-10 minutes depending on the thickness of the fillet. Touch the filet for softness; as soon as it firms up, it is done. Remove salmon from the broth (keeping it warm) and boil broth down until reduced by half.

Place salmon on each serving plate and spoon broth over it; or serve whole on platter with sauce poured over top. Garnish with a little extra fresh parsley and fresh lemon slices. Poached salmon is excellent the next day served cold with crackers, bread or bagels; or in a crisp green salad. Great leftovers.



Doug with Meercat in Botswana, Africa, 2014

Poached Sea Bass with Kokkari Mediterranean Sauce

www.kokkari.com, Jackson Street, San Francisco
Lynn Brantley, Glenbrook (Lake Tahoe, NV.

For the Fish:

(2) 4-5 oz. Sea Bass filets
1 Vidalia onion, halved, thin slices
¼ cup white wine
Freshly ground salt and pepper
2 TB EVOO, divided
2 TB butter, divided
Juice of 1/2 lemon
4 stems of fresh thyme

Preheat oven to 350 degrees. Melt 1 TB butter and 1 TB EVOO in skillet and cook the onions until they just begin to brown and caramelize. Spread the onions in the bottom of an 8X8 pyrex baking dish. Add ¼ cup white wine, 1 TB EVOO and 1TB softened butter. Place fish filets on top. Pour lemon juice over fish filets. Sprinkle with salt and pepper. Strip the thyme stems and put the fresh herbs on the fish filets. Seal tightly with aluminum foil. Bake 20-30 minutes until fish is firm when you feel it.

For the Sauce:

1 tsp finely chopped capers
1 tsp caper juice
1 large clove garlic, minced
1 tsp chopped fresh oregano
1 TB chopped fresh parsley
1 tsp dried oregano
2 TB squeezed fresh lemon juice
2 TB EVOO
Freshly ground salt and pepper

Mix all ingredients together in a small bowl. To serve: Place a bed of onions on each plate and top with fish filet. To the remaining poaching juice in the pyrex dish, add the Mediterranean sauce and stir to combine. Pour over the filets on each plate and serve immediately with a side of steamed asparagus, broccoli or spinach.



Jackie driving the fishing boat with Cap't Larry in St. Simons Island, GA.

Rosie's Steamed Mussels

Rosie Medlicott, South Lake Tahoe, CA.

Serves: 3 for lunch or appetizers

1 lbs. mussels, scrubbed, debearded
½ tsp each salt and pepper
1 medium shallot, finely chopped
¼ cup each parsley and cilantro
Crusty French Bread
1 clove garlic, minced
3 TB EVOO (or butter)
½+ cup dry white wine
Good squeeze of lemon or lime

Variation:: Add 1 cup chicken broth; 1 cup chopped tomatoes; splash of cream; sprinkle red pepper flakes.

Heat oil in saucepan over medium high heat. Add shallots and cook until translucent; add garlic. Add wine and bring to a boil; add mussels and cook until they open about 3 – 5 minutes. Cover and remove from heat. Add herbs, salt and pepper. ENJOY!



Rosie's wonderful steamed mussels!

Ruth's Chris New Orleans-Style BBQ Shrimp

David Brantley, St. Simons Island, GA.

Serves: 4 as appetizer or 2 for dinner

20 large shrimp, peeled & deveined
1 oz canola oil
1 TB plus 2 TB green onions chopped
2 oz. dry white wine
1 tsp fresh chopped garlic
4 TB Worcestershire Sauce
1 tsp Tabasco
½ tsp cayenne
½ tsp paprika

8 oz. (2 sticks) butter
Crusty French bread

Place skillet on a burner and heat over high heat. Add oil and cook shrimp until they are just done. It's best to prepare shrimp in batches if you do not have large enough skillet. Remove shrimp and set aside on large platter.

Add green onions to the oil in the skillet and cook for 1 minute. Add white wine and reduce on low heat. When wine is reduced by half, increase heat and add chopped garlic, Worcestershire sauce, Tabasco, cayenne and paprika. Shake or stir the pan well and cook for 1 minute. Return heat to low. Cut butter into small chunks and add to pan, shaking fast or stirring to melt the butter. Continue to add butter until all butter is melted. Add shrimp back into the pan and toss well to coat the shrimp with butter and seasonings and to reheat the shrimp. Place shrimp on 4 small plates and serve with good crusty French bread to soak up the seasoned butter.



Jackie and her brother, Dave out to dinner at Crab Daddy's

Salmon and Roasted Vegetables

Kerry Bishé and Chris Lowell, New York, NY.

Olive Oil
Salt and spices
Vegetables: Sweet potatoes, asparagus, zucchini, Brussels sprouts, etc.
Garlic and Onion optional
Salmon filets
Wine (just for drinking while you cook!)

This is a one-pan recipe (easy cleanup!) that is delicious, healthy and quick and easy to make. You can also include butternut squash, broccoli, whatever vegetables you like.

Pre-heat the oven to 450 degrees. Chop vegetables into 1" chunks. The harder, denser vegetables go in first. Toss sweet potatoes or butternut squash with olive oil and put in single layer in pan and put it on a rack in the center of the oven. After about 10 minutes, add Brussels sprouts and mix them in. Maybe now is a good time to add garlic and onion. Toss some salt and spices on the vegetables and salmon. We like Borsari Seasoned Salt but anything will do.

About 5 minutes after that, mix in the zucchini and asparagus. Maybe drizzle some extra olive oil on there. Nestle the salmon filets, skin-side down, in amongst the vegetables. Cook for another 12-15 minutes. If all goes according to plan, everything will be perfectly cooked at precisely the same time – don't forget to pick pretty colors!



Kerry and Jackie coloring at Jackie's house in Johns Creek, GA.

Simple One-Dish Poached Salmon & Veggies

Kira Godbe, Monterey, CA.

Serves: 2

½ white or yellow onion, sliced
1 green pepper, sliced
4 cloves garlic, sliced
1 cup mushrooms, sliced
Thumb-sized fresh ginger, sliced
1½ cups fresh fennel sliced
8-12 oz Filet of Salmon
EVOO

Sauté everything in EVOO except the salmon. When veggies are soft, you can lay the salmon (skin up) over them and put a lid on the pan. Heat, at that point, should be medium to low. Keep it covered for about 15 minutes and then test the interior of the salmon for doneness. It can be somewhat pink in the middle because it will continue to cook once it is off the heat.



Thanksgiving 2017, Lake Tahoe
Front: Doug's cousin Kira, Kellan, her son Blaise, Joana, and son Arye,
Back: Lynn, Dana her daughter Tessa

Smoked Black Cod Baked Potatoes

Sally Hiebert, Cap'n Mike's Holy Smoked Salmon
www.holysmokedsalmon.com, Rhonert Park, CA. (707)585-2000

2 lbs potatoes
½ lb black cod
½ - ¾ cup diced fresh red onions
Some milk and butter
1/3 cup capers
Salt and pepper to taste
Some parsley

Take the skin off the black cod and remove any bones. Gently flake it up into large flakes, keeping any of the beautiful fish oil from the package.

Bake up your favorite potatoes, large or small, till they are done. I just put 'em on the oven rack at temperature from 325 – 425 depending what else is happening in the oven or how fast I want them cook. When they are done, let them cool a bit on the counter. Slit the potatoes end to end leaving bottom skin intact. Gently squish them open and scoop the warm insides into a bowl, leaving enough potato attached to the skin so the potato holds its shape. Mash the potato guts with butter, milk and black pepper. Do not add salt until you add fish and test for saltiness. Add diced red onion and capers, then, add flaked fish and any accumulated oil. Season with salt and pepper. Stuff the mixture back into the potatoes and bake again for 10 minutes or until the potato mixture is nicely browned. 375 degrees is perfect.

Any smoked fish works for this recipe, whitefish, mackerel or salmon. Mmmmmmm!



Sally and Cap'n Mike Hiebert of Holy Smoked Salmon at the Ferry Building Farmer's Market in San Francisco

Tandoori Shrimp Skewers with Basmati Rice and Raita

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

¾ cup plain yogurt
¼ cup chopped cilantro
2 lbs. large shrimp, peeled, deveined
2 TB fresh lime juice
Small bamboo or wooden skewers
1 clove garlic, minced
2 tsp Indian curry powder
2 TB EVOO
4 tsp minced fresh ginger

If using wooden skewers, soak them in water at least 30 minutes before grilling. Combine yogurt, cilantro, EVOO, limejuice, ginger, garlic and curry powder in small bowl and stir well. Place the shrimp into a gallon zip-lock bag and pour the yogurt mixture over the shrimp – mix. Allow shrimp to marinate at least 15 minutes but no longer than an hour.

Skewer 2-3 shrimp onto skewers and grill over medium heat about 2-1/2 minutes on one side; turn and cook another 2-1/2 minutes on the other side until shrimp is just opaque. Garnish with lime wedges and cilantro leaves. Serve over Basmati rice with Indian-style Raita, below:

2 baby Persian cucumbers, chopped
2 tsp salt
1 small red onion, finely chopped
¼ tsp black pepper
¼ tsp cumin
2 cups plain Greek yogurt
1 TB fresh mint, chopped
1 tsp garlic powder
1 tsp Dijon mustard
1 Tb lime juice
½ tsp red pepper flakes
2 tsp EVOO

Combine all ingredients and refrigerate until ready to serve.



Sue and Lynn with Jackie's nephew, Chris at the opening of his movie, "Beside Still Waters" at Mill Valley Film Festival.

Tequila-Chipotle Shrimp

Andrew Lowell, Atlanta, GA.

2 TB vegetable oil
½ cup finely chopped red onion
1 minced chipotle pepper in adobo
(1) 15-oz. can diced tomatoes
Salt and pepper
1 lb. shrimp, peeled and deveined
¼ cup diced fresh pineapple
1 TB tequila
chopped fresh cilantro

In a skillet, heat oil. Add onions and pepper and cook over moderately high heat, stirring 3 minutes. Add tomatoes and season with salt and pepper. Bring to a simmer and nestle shrimp into the sauce. Cook 5 minutes, turning once. Stir in pineapple and tequila and cook until heated through. Garnish with fresh cilantro. You can serve alone or over rice.



Jackie's nephew, Andrew came to visit her at "Anniebelle" on Valentine's Day and brought her beautiful roses!

Vietnamese Sweet and Sour Tamarind Shrimps

An Dao, South Lake Tahoe, CA.

For the Shrimps:

1 lb. prawns, peeled and deveined
2 cloves garlic, minced
1 shallot or ½ onion cut in wedges
Vegetable oil

Tamarind Sauce:

1½ TB sugar
¼ cup tamarind juice
2 TB fish sauce
2 tsp Sriracha Sauce

Mix the sauce ingredients in small bowl until sugar has dissolved. Heat oil in frying pan and add garlic and shallot until fragrance releases. Add shrimps and cook over high heat until they are half cooked and turn pink. Pour tamarind sauce on the shrimps. Constantly stir well and let the sauce get to the desired thickness. Taste and add any extra sugar, fish sauce or chili sauce. Put shrimps on a plate and sprinkle with basil or cilantro leaves. This goes well with Jasmine steamed rice.



An's son, Winner of the Spelling Bee Competition!

Chicken & Poultry

Baked Chicken and Rice Casserole

Diane Taylor, Shelby, N.C.

1 box Uncle Ben's wild rice with herbs and chicken seasoning
1 cup water
4-6 boneless, skinless chicken breasts
¼ cup melted butter
3 oz. grated Parmesan cheese
1 can EACH cream of mushroom, chicken and celery soup

Slice the chicken breasts into ½" crosswise slices. Cut the slices into 1" pieces and trim any fat.

Grease a 9X12" baking dish. Pour the uncooked rise and herbs into the bottom of the dish. In a separate bowl, mix the butter, the 3 soups and water.

Pour a small amount of this mix to cover the rise. Place a layer of chicken breasts pieces on that. Pour another small amount of the soup mix over the chicken pieces. Place a second layer of remaining chicken pieces and the rest of the soup mix. Sprinkle the top with cheese.

Bake, covered with foil, at 350 degrees for 1 hour. Uncover and bake another hour.



Stephi Taylor at Annandale Village, Suwanee, GA.

Best Grilled, Spatchcocked Thanksgiving Turkey

Doug Tuttle, Glenbrook, Lake Tahoe, NV.

This is the best solution to having your ovens full of all kinds of other goodies for dinner and you don't have to take up space roasting the turkey all day! It has been our go-to Thanksgiving turkey for years now. So easy, and so delicious.

One Turkey, spatchcocked, 14-16 lbs. You can ask your butcher to spatchcock your turkey, which means taking out the backbone so that the bird lies flat. We spatchcock our own chickens, but turkeys are large enough that it is a difficult job to do by hand.

2 gallons water (enough to cover the bird)
3 cups apple juice/cider
1-1/2 cups sea salt
Sliced Peel of two oranges
Black, white and red peppercorns
Sliced peel of two oranges
10-15 fresh sage leaves
4-5 cloves garlic (peeled & cracked)
2 cups brown sugar
EVOO
4+ tsp fresh rosemary sprigs
Meat Thermometer

Place all the ingredients (except the turkey) into a pot large enough to hold the turkey and heat to a near boil. Let it cool to room temperature. Put the turkey into the brine and keep cold (in refrigerator) for 24 hours. After brining, soak the turkey for 15 minutes in cold water. Preheat frill to high – ambient heat about 400-450. Remove turkey from water and pat dry. Slather the bird generously with EVOO. Reduce heat in grill to medium-low, about 250 degrees. Cook the turkey low and slow.

Place turkey bone side down, close the lid and cook for about 90 minutes. Rotate the bird for even cooking making sure it doesn't scorch the bottom. After 90 minutes, carefully turn the bird over to breast-side down and cook for about another hour. Temperature in the breast should be about 160 F° and 180 F° in the thigh; and the skin will be very brown and crispy, the meat very juicy. A spatchcocked turkey is also MUCH easier to carve without the back bone. Happy Thanksgiving!



Jackie with her nieces, Mimi and Michelle Lipson 2014

Chianti Chicken

Candace Lockhart, Chef/Owner Bella Tahoe Catering
www.bellatahoe.com, South Lake Tahoe, CA.

6 TB Pure olive oil (NOT EVOO)
2 TB Garlic
2 Sweet onions, small chop
1-½ cups Crimini mushrooms sliced
2 cups Chianti wine
1 cup Chicken stock
2 TB Balsamic vinegar
3 tsp. Italian parsley, finely chopped
5 TB Pesto
1 TB Sugar
1 cup red seedless grapes, cut in ½
3 TB cornstarch for thickening
6-12 Chicken breasts (or legs)

Sauté onion in olive oil until soft. Add sliced mushrooms and sauté for 2 minutes or until desired texture. Add garlic.

Deglaze pan with Chianti wine. Add stock, vinegar, parsley, pesto, and sugar; bring to a boil. Reduce to a simmer and add red grapes. Stir occasionally until reduced by half.

Season chicken breasts with olive oil, salt and pepper and grill until done. Add cornstarch to 2 TB water to combine and smooth out lumps. Whisk cornstarch slurry into sauce slowly. Continue to stir until sauce begins to thicken. Place cooked chicken into sauce and let simmer 3 minutes on each side. Serve chicken and sauce over pasta or rice.



Candace, Noah and Charley

Chicken Breasts Poached in Orange Juice and Sage With Cranberry Mint Relish

Jane Tuttle, New York, NY.

For the Chicken:

1 TB dried sage leaves, crumbled
Coarse salt and pepper ground
1 TB dried sage leaves, crumbled
Fresh sage leaves or parsley for garnish
½ cup fresh orange juice
2 navel oranges
Fresh sage leaves or parsley

Lightly salt and pepper chicken breasts and lay them side-by-side in a lightly oiled roasting pan. Place a pinch of dry or 1-2 fresh sage leaves under and on top of each chicken breast. Pour the orange juice over the chicken. Cover with lightly oiled wax paper or parchment cut to fit inside the pan so it rests directly on the chicken. Poach the chicken in a preheated 375 degree oven for 8-10 minutes or until the flesh is opaque and feels firm to the touch. Cool the chicken in the pan.

Meanwhile, slice the oranges crosswise into think slices, then half the slices. Either present the chick slices whole garnished with orange slices, or slice each breast crosswise into 5 portions and arrange them on individual plates and alternate with orange half-moon. Decorate with fresh sage or parsley. Serve with Cranberry Mint Relish (below).



Doug with his step-mother, Jane at a race in Limerock, CT.

For the Cranberry Mint Relish:

1 lb. fresh or frozen cranberries
½ cup fresh mint leaves, diced
1 cup sugar
Juice of 1 orange
1 cup water

Chop the cranberries roughly with knife or food processor. Place all ingredients in a heavy enamel or stainless steel saucepan and bring to a boil stirring occasionally. Lower the heat and simmer the sauce until the sugar is melted and mixture begins to thicken, about 10 minutes. Refrigerate before serving.



Doug and Jane at Domaine Carneros Winery in Napa Valley, CA

Chicken Breasts Stuffed with Fig, Goat Cheese and Basil

(Doug's rendition of a recipe we learned from Chef Candace at Bella Tahoe)

Douglas Tuttle, Glenbrook, Lake Tahoe, NV.

2 large chicken breasts
4-8 pieces thinly sliced prosciutto
1 TB EVOO
4 TB Fig Preserves or thinly sliced fresh figs
4 oz. goat cheese
¼ cup chicken broth
2 TB white wine
Salt and pepper to taste

Pound each breast between pieces of wax paper or zip locks. Cut each breast in half. Cut a small hole in one side of the chicken breast and hollow out a pocket in each of the four chicken pieces. Stuff each breast with figs and goat cheese. Carefully wrap each chicken piece with 1-2 pieces of prosciutto making sure to seal up the hole cut into each side through which you stuffed each piece.

Preheat oven to 350 degrees. Heat EVOO on medium to high heat and brown each piece of chicken until prosciutto and chicken browns on each side. Place chicken pieces in a pyrex baking dish. Deglaze the pan with chicken broth and wine, reduce. Pour over chicken piece and bake until chicken is done throughout, about 20-30 minutes. Serve immediately drizzling each serving with accumulated juices.



Lynn and Doug in cooking class at Bella Tahoe

Chicken Paprika with Dumplings

Terri Peecook, Cumming, GA.

For the Chicken:

1 onion chopped
¼ cup shortening
2 tsp salt
1 tsp black pepper
2 tsp paprika
4-5 lbs. chicken cut up
1-1/2 cups water
1 pint (16 0z.) sour cream

Sauté onion in shortening until yellow. Pull pot off the heat, add salt, paprika and black pepper. Add chicken and return pan to heat. Cook 10-15 minutes. Add water and cover. Simmer slowly until tender. Remove chicken and keep warm. Stir sour cream into sauce. If more sauce is desired, add more sour cream. Stir in cooked dumplings and arrange chicken pieces on top and heat through.

For the Dumplings:

2-1/2 cups all-purpose flour
2 tsp salt
4 beaten eggs
½ cup water

Combine all ingredients and mix into a batter. Drop by the teaspoon full into boiling salted water. Cook 10 minutes or until well done. Rinse and drain.



Terri and Lynne at Christmas Party 2018 - D. Scott Hudgeons
Center for Nursing Care, Annandale Village

Chicken Pot Pies

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

Makes 2 large pies, or 8-9 mini pies; I made Mini Pies

1-3/4 cups coarsely chopped carrot
1-1/2 cups coarsely copped onion
1-1/2 cups coarsely chopped celery
4 TB butter divided (1 TB and 3 TB)
1 TB EVOO
1+ tsp dried thyme
Salt and pepper to taste
½-1 tsp dried sage
10 individual mini tins/ramekins or large glass pie tins
1/2 – 1 tsp dried sage
3 TB flour
4 cups chicken broth
½ cup milk
1 pkg Pillsbury refrigerated dough (or puffed pastry, two sheets)*
1 Rotisserie Chicken, meat removed cut into bite-sized pieces

* You can use pastry on the top and the bottom of the pies (you will need another box); however, I only used one on top to lower carbs and calories on this already-rich dish.

Chop vegetables. In a large skillet, heat 1TB butter and 1 TB EVOO. Add vegetables and cook until crisp-tender; add herbs, stir to combine and remove from heat.



Lynn and Doug Lake Tahoe

In another skillet, brown 3 TB of flour, then add 3 TB butter. Combine well, then start adding chicken broth whisking in a cup at a time until it finally reaches desired (pretty thick) texture, about 30 minutes. Then add the ½ cup milk and continue to whisk another 5-10 minutes. Pour the gravy over the vegetables and add the chicken. Stir to combine well.

Carefully roll out the dough. Cut out circles to fit each pan. Spoon the chicken mixture into each pie plate and top with pastry. Pinch all the way around the rim to seal. Cut 8 slits in the dough so the steam can escape. Cook according to pastry package directions.

When nice and brown on top, remove the pies from the oven and let rest 10 minutes before serving. If freezing, allow to cool completely, cover with aluminum foil then place in zip locks.



Chicken Pot Pies

Chicken Sloppy Joes

Jackie Brantley, Annandale Village, Suwanee, GA.

Serves: 6 full sandwiches or 12 sliders

2 TB EVOO
1 lb. ground chicken (or torn pieces rotisserie chicken)
1 TB Dijon mustard
2 TB brown sugar
1 TB chili powder
1 TB ground cumin
Salt and pepper to taste
12 slider buns (like Hawaiian rolls) or 6 hamburger buns
1 TB Worcestershire Sauce
1 TB red wine vinegar
2 cups tomato sauce
½ cup finely chopped onion
½ cup finely chopped carrot
½ cup finely chopped celery
2 cloves garlic, minced
1/4 cup ketchup

Heat large skillet. Add 1 TB EVOO and add ground chicken. Cook about 8 minutes until cooked through. Remove from pan. Add remaining 1 TB EVOO and add the vegetables. Cook about 10-15 minutes until crisp tender but not browned. Add garlic and cook 1 more minute until garlic is fragrant. Add remaining ingredients (if you are using rotisserie chicken, you would add that now as well), cook about 5 minutes until sauce is thickened. Split buns and spoon chicken mixture into buns. Serve immediately.



Jackie and her friend Becky Williams on the swing at The King and Prince Hotel, St. Simons Island, GA. 2014

Chicken and Summer Vegetables Tostadas

Karen Werner, Stone Mountain, GA.

1 tsp ground cumin
¼ tsp black pepper
¼ tsp salt
2 tsp canola oil
1 cup chopped red onion
(4) 8-inch fat free flour tortillas
Cooking Spray
1 cup chopped zucchini
½ cup green salsa
3 TB chopped fresh cilantro, divided
12 oz. chicken breast tenders
1 cup fresh corn kernels (2 ears)
1 cup (4 oz.) shredded Monterey Jack cheese

Preheat broiler. Combine first 3 ingredients, stirring well. Heat oil in a large nonstick skillet over medium-high heat. Sprinkle the spice mixture evenly over chicken. Add chicken to pan. Sauté for 3 minutes. Add onion, corn and zucchini to pan; sauté for 2 minutes or until chicken is done. Stir in salsa and 2 TB cilantro. Cook 2 minutes or until liquid almost evaporates, stirring frequently.

Working with 2 tortillas at a time, arrange tortillas in a single layer on a baking sheet; lightly coat tortillas with cooking spray. Broil 3 minutes or until lightly browned. Spoon about ¾ cup chicken mixture in the center of each tortilla; sprinkle each serving with ¼ cup cheese. Brown an additional 2 minutes or until cheese melts. Repeat procedure with remaining tortillas chicken mixture, and cheese. Sprinkle each serving with about ¾ tsp remaining cilantro. Serve immediately.



Kara and her father, Paul on her birthday at Annandale Village

Doug's Chicken Saltimbocca

Douglas Tuttle, Glenbrook, Lake Tahoe, NV.

For the chicken:

2 Large or 4 small boneless, skinless chicken breasts
1 TB EVOO
Salt and pepper to taste
4 slices very thin prosciutto
1 tsp fresh sage, finely chopped
4 oz. Jarlesburg Cheese slices

For the Sauce:

2 cups low sodium chicken broth
½ cup Marsala wine

Butterfly the chicken breasts and stuff each with 1 oz. cheese and ¼ tsp. chopped fresh sage. Sprinkle with salt and pepper. Carefully wrap each chicken breast in one whole slice of prosciutto.

In large frying pan, heat EVOO. Slowly brown the chicken breasts on both sides until the cheese just begins to melt. Remove to plate, cover and keep warm.



Doug and Jackie's nephew, Andrew at Buca di Beppo Restaurant "boxing" in San Francisco

In the same frying pan, add the chicken broth and Marsala. Reduce to about 1 cup of sauce. Taste for balance. Add chicken breasts back into the pan with any juices that may have collected on the plate. Reduce heat and turn chicken breasts several times to get some sauce into the chicken. Serve, pouring remaining sauce over the chicken breasts. Serves: 4



Andrew directed this play!

Greek Chicken Kebabs with Tzatziki Sauce

Becky Williams, Alpharetta, GA.

1¾ - 2 lbs boneless, skinless chicken breasts, in 1¼" bites

Salt and pepper to taste
½ tsp dried basil
2 large red bell peppers, cut into 1-1/4" pieces
3 small zucchini, in rounds 1/3"
2 tsp dried oregano
½ tsp ground coriander
¼ cup - 2 TB EVOO
3 TB fresh lemon juice
1 TB red wine vinegar
1 large red onion, cut to 1-1/4"
3 cloves garlic, minced

In a bowl, whisk together ¼ cup EVOO, lemon juice, vinegar, garlic, oregano, basil, thyme, coriander and season with salt and pepper to taste (I used ¾ tsp salt and ¼ tsp pepper). Place chicken in a gallon size re-sealable bag, pour EVOO mixture over thicken and press chicken into marinade. Seal bag and refrigerate 45 minutes to 2 hours (no longer than 2 hours or chicken we start to get mealy). If using wooden skewers, soak them in water for at least 30 minutes or longer. Drizzle and toss veggies with 2 TB EVOO (I just left them on the cutting board and tossed them and season lightly with salt.



Best old Friends, Jackie and Becky

Indian-Style Grilled Chicken

Kelsey, Brett and DESA Brolliar, Truckee, CA.

½ tsp black pepper
1 tsp ground cumin
½ tsp coriander
1 tsp chili powder
2 tsp garam masala
¼ cup chopped fresh cilantro
½ tsp salt
¾ cup plain yogurt
¼ cup heavy cream
½ cup hot sauce (Frank's Original)
4 garlic cloves, minced
3 TB soy sauce
Cooking spray
8 chicken bone-in thighs

Combine all ingredients (except cooking spray and chicken) in a large bowl; stir until well blended. Add chicken, turning to coat well. Cover and refrigerate at least 8 hours or overnight.

Prepare grill and spray grate with cooking spray. Remove chicken from marinade and place on a platter. Discard marinade. Grill chicken, skin-side-down 6-8 minutes; turn and grill second side 6-8 minutes. Serves 8.



Lynn and Doug's niece, Kelsey and grandniece, DESA!

Kung Pao Chicken

Rosie Medlicott, South Lake Tahoe, CA

1 ½ lb. boneless chicken breasts, cut into bite-sized pieces

¾ cup chicken broth
Kosher salt
1 TB balsamic vinegar
2 tsp Asian sesame oil
¼ cup canola oil
2¼ cup chopped salted peanuts
¼ cup dry sherry
2 TB soy sauce
Freshly ground pepper
¼ cup plus 1 TB cornstarch
1 ½ tsp granulated sugar
2 ribs celery, cut across, ½" thick
3 hot red chilies, seeded (save seeds)
6 scallions, sliced, whites separated

Whisk chicken broth, soy, balsamic, 1 TB cornstarch, sesame oil and sugar in measuring cup. In large bowl, toss chicken with 1/4 tsp salt and a few generous grinds pepper. Add remaining ¼ cup cornstarch and toss, shaking off excess cornstarch.

Heat 3 TB canola oil in large skillet over medium-high heat until is shimmering hot. Sauté chicken flipping after 2 minutes until lightly browned, about 4 minutes. Add remaining 1 TB canola oil to skillet, and add chilies, ginger, and whites of scallions. Cook, stirring 1 minute. Add bell pepper and celery, stirring until softened slightly - about 2 minutes. Add sherry and cook until almost completely reduced, 30-60 seconds, scraping up any browned bits. Stir chicken broth mixture and stir into chicken and vegetables; it will quickly boil and thicken. Taste for heat and add seeds if you want it spicier. Cook until chicken is no longer pink inside. Serve immediately with rice if desired, and top with peanuts and scallion greens.



Rosie and Hawaiian Dancer

Mom's Fried Chicken

Mimi Brantley, Sea Island & Atlanta, Ga.

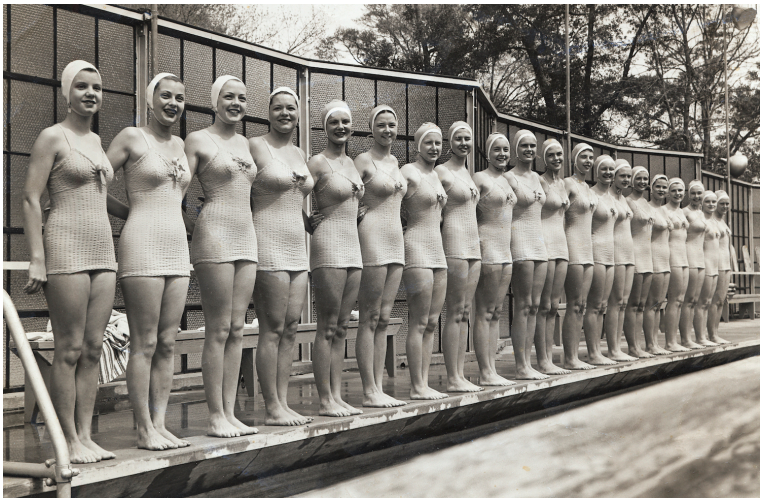
One chicken cut into 8 Pieces, clean and pat dry
2 tsp oregano
2 tsp granulated garlic
2 eggs
½ cup water
1 quart Wesson oil or
2 TB paprika
Crisco
2 cups buttermilk
2 cups flour
1 TB kosher salt
1 TB fresh ground pepper
****½ cup cornstarch**

Place chicken parts with buttermilk into a zip lock bag and marinate overnight.

On flat plate combine dry ingredients (or place in a bag and shake to coat) and stir to mix well. In flat bowl place eggs and water and whisk to combine. Pour oil into high sided skillet about 2" deep. Heat on medium high heat. Remove chicken parts from buttermilk and dredge in flour mixture, then egg. Test oil with a drop of egg mixture if it puffs up immediately in the oil, it is hot enough. Place about 4 pieces of chicken into the oil – do not crowd the pan or the chicken will not be crisp.

Cook about 6-7 minutes for white meat and 8-9 minutes for dark meat until brown on one side. Turn each piece and cook the same time on the other side until done. Sometimes you will need to turn the oil down a little on the second side so it doesn't brown too quickly. Remove chicken pieces and drain well on paper towels. Test to see if you need to add salt. Serves: 6 – 8

** I only recently learned that the addition of the cornstarch helps make the chicken really nice and crispy. Mom did not use cornstarch.



Mimi (2nd from left) with her synchronized swimming team
Gulfport College for Women, 1946

Orange Chicken

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

1 1/4 lb. boneless, skinless chicken
6 oz. snow peas
1 bell pepper
1 TB vegetable oil
2 TB cornstarch
Salt and Pepper
¼ tsp red pepper flakes
½ cup OJ
¼ cup honey
¼ cup ketchup
2 TB rice wine vinegar
2 tsp brown sugar
1 tsp sesame oil
1 tsp minced garlic
1 tsp orange zest
1 tsp minced ginger
toasted sesame seeds
sliced scallions
Optional: lettuce leaves OR Steamed broccoli

Heat vegetable oil in large frying pan and brown the chicken. Add snow peas and bell pepper and Sauté for a couple minutes. Add garlic and ginger and cook for another couple minutes, continue to stir.

In the meantime, combine cornstarch through orange zest and stir to combine. Let sit at least 3 minutes. Pour into chicken mixture in frying pan. Bring to a boil, reduce heat and continue to cook until thickened. Serve as is, or over rice or steamed broccoli. Garnish with toasted sesame seeds and/or sliced scallions.



Jackie feeding her friends at the petting zoo off I-16 on the way to St. Simons Island, GA.

Paul's Bacon-Wrapped Grilled Quail

Lynn Brantley, Glenbrook, Lake Tahoe, NV

8 Quail
Salt and Pepper
EVOO
8 strips of bacon
2 tsp dry mustard
1 tsp oregano
½ cup pepper jelly
3 TB Bourbon
½ tsp Worcestershire Sauce
1 tsp coriander
1 tsp celery seed

Oil the quail and season with salt and pepper. Wrap each bird in a strip of bacon and secure with a toothpick.

Heat grill to medium-low. Combine all the ingredients for the glaze in a bowl. Cook the quail turning frequently until beginning to brown. Brush the quail with the glaze as you turn them until done. Remove from grill and remove the toothpicks. Serve immediately with extra glaze on the side.



Christmas party at D. Scott Hudgens with Bill, John, Terri Peecook and her daughter, Lynne at Annandale Village

Quail with Wine

Lynn Martin, Dallas, TX.

At one time, my father incubated, hatched and raised quail in his backyard (The Gale Quail Farm), much to the dismay of his suburban Cincinnati neighbors. I received a dozen dressed birds every Christmas for the duration of the project. They were delicious. His preferred method of cooking was more mid-western, breading and frying in a giant, cast-iron skillet.

8 quail
Salt and freshly ground pepper
1-1/2 cups Madeira wine
½ cup raisins
3 cloves
1 cup cooked white rice
¼ tsp powdered ginger
1 tsp grated orange peel
1 TB butter, melted
2/3 cup chopped pecans
½ cup butter, melted
Juice of one orange
½ cup cognac, heated

Preheat oven to hot 430 degrees. Wash and dry the quail. Sprinkle inside and out with salt and pepper. In a saucepan, combine the Madeira, raisins and cloves. Bring to a boil, reduce the heat and simmer 5 minutes. Strain the mixture, discarding the cloves and reserving the wine and raisins. In a mixing bowl, combine the raisins, rice, ginger, orange peel, TB of melted butter and the nuts. Mix well and use the mixture to stuff the quail. Place quail on a rack in a shallow open roasting pan and brush with part of the butter. Bake 5 minutes. Reduce the oven temperature to 300 degrees an bake another 25 minutes longer, basting frequently with a mixture of the remaining butter, reserved Madeira and orange juice. Place quail in a chafing dish. Season the liquid in the roasting pan with salt and pepper to taste and pour over the quail. When steam rises from the chafing dish, pour the warmed cognac over the quail, ignite the sauce and serve at once.



Lynn Martin and her dad at The Gale Quail Farm

Roasted Duck Breast with Port Sauce, Grilled Polenta And Dried Cherry-Shallot Confit

Andrew Alsdorf, Marietta, GA.

For the Marinade:

1-1/4 cup dry red wine
¼ cup balsamic vinegar
3 TB soy sauce
¼ cup fresh lemon juice
3 cloves garlic, crushed
1-1/2 TB grated ginger
¼ cup EVOO
Salt and pepper

For the Duck:

Inn a re-sealable plastic bag, place (2) 2-lb. duck breasts with skin into the marinade. Seal and refrigerate overnight. When ready to begin cooking, remove the duck breasts, pat dry and score the skin in a crosshatch pattern with a sharp knife. Sprinkle both sides of the duck with salt and pepper.

Heat two heavy skillets over moderately high heat until they are hot and in each skillet cook 1 duck breast, skin-side down for 10 minutes. Turn duck and cook for 2 more minutes; transfer skillets to middle rack of pre-heated oven at 450 degrees. Roast duck breasts for 5-7 minutes or until meat thermometer reaches 145-150 degrees.



Drew and Karen Dominy at Ferris Wheel, downtown, Atlanta

Make Buerre Manie:

Knead together 3 TB softened butter and 2 TB all purpose flour. Set aside.

For the Port Sauce:

3 TB sugar
3 TB water
2 TB white wine vinegar
3 TB balsamic vinegar
¼ cup minced shallot
1 large clove garlic, minced
1-1/2 cups dry red wine
¾ cup beef broth
1/3 cup heavy cream
¼ cup Tawny Port

While duck is roasting, in small saucepan, combine the sugar and water. Bring to a boil, stirring until the sugar is dissolved, and continue to boil until it turns caramel brown. Add vinegars, carefully, swirling the pan until the caramel is dissolved and reserve the mixture.

Transfer the duck to a cutting board and let stand 5 minutes, covered loosely with foil. Our off all but 2 TB of the fat remaining in the skillet and cook the shallots and garlic over moderately low heat. When softened, add broth, boil until mixture is reduced by 1/3 and pour mixture through a sieve set over the reserved vinegar mixture. Whisk in the cream and the port. Simmer mixture for 1 minute and add the Buerre Manie, a little at a time, whisking until the sauce is smooth. Simmer the sauce, whisking occasionally, for 2 minutes. Add any accumulated duck juice from the cutting board and season with salt and pepper.

Cut the duck diagonally across the grain into thin slices, divide the duck between 8 plates and spoon the sauce over the duck.

For the Dried Cherry-Shallot Confit:

1-1/2 cups dried cherries
½ cup white wine vinegar
¼ cup balsamic vinegar
2 cups thinly sliced shallot
1 cup finely chopped onion
2 TB unsalted butter
3 TB sugar

In a bowl, let cherries soak in the vinegars for 30 minutes. While they are soaking, in heavy skillet, cook shallot and onion in the butter, covered, over moderately low heat. Stir occasionally for 10 minutes or until shallot is soft. Sprinkle mixture with the sugar and cook for approximately 10 minutes more. Add cherries with the soaking liquid, simmer uncovered, for 10-15 minutes or until almost all liquid has evaporated; season with salt and pepper. The confit can be made a day in advance and kept, covered in the refrigerator.

Roast Quail

Rosie Medlicott, South Lake Tahoe, CA.

Serves: 2

Brine:

¼ cup kosher salt
1 quart water
2 bay leaves

Brine birds 2-6 hours. Pat Dry.

Quail:

4 whole, plucked quail
Lard, butter or EVOO
Salt
2 celery sticks
Freshly ground black pepper
Lemon Wedges

Preheat oven to 500 degrees. Make sure birds are room temperature. Pat dry after brining. Melt 2 TB butter in oven safe skillet and heat to medium high heat. Brown birds quickly, remove from heat and season with salt and pepper. Place celery sticks in pan to hold each quail breast side up. Roast quail 12-18 minutes. The less you cook the quail, the juicier they will be; the more you cook them, they could become dry.



Keeping Fit in the Gym at Annandale Village

There are several sauces you can use for quail or simply serve straight from the oven.

Balsamic Sauce:

½ cup chicken broth
½ cup balsamic vinegar

Place broth and vinegar in small skillet and reduce by half until mixture is syrupy.

Cherry Sauce:

1 tsp cornstarch
1 TB water
¼ cup honey
1 cup red wine
1 cup chicken broth
¼ tsp black pepper
1 whole clove
¼ cup dried cherries or prunes

Dissolve the cornstarch in the water. In a small skillet bring the honey to a boil, about 2 minutes. Deglaze the pan with the wine. Reduce the mixture by half, about 5 more minutes. Add the broth, pepper, clove and reduce by half again, about 10 minutes. Add the cherries or prunes and the cornstarch mixture. Bring to a boil, stirring with a whisk. Add salt and pepper and remove. The clove. Add any accumulated juice from the quail, stir to combine and serve.



Doug, Jackie and Lynn at Lucky Dog Café, Roswell, GA.

Saucy Chicken Marsala

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

½ cup dried porcini mushrooms
2 cups boiling water
¾ tsp kosher salt, divided
½ cup finely chopped onions
5 cloves garic, thiny sliced
¼ tsp freshly ground pepper
2 TB EVOO
1 TB butter
1½ cups thin sliced shiitakes
(4) boneless, skinless chicken breasts
1½ cups thin sliced button mushrooms
½ cup dry Marsala wine
1-1/2 TB fresh chopped oregano
2 TB all purpose flour
2/3 cup unsalted chicken broth
¼ cup small fresh basil leaves

Place procini mushrooms in a bowl and cover with 2 cups boiling water. Let stand about 30 minutes until the mushrooms are tender. Drain and reserve liquid. Thinly slice the mushrooms. Place chicken breasts between two sheets heavy-duty plastic wrap. With meat mallet pound chicken to about 1/2" thickness. Sprinkle chicken with ¼ tsp salt and pepper.

Heat skillet over medium high heat and add 1TB oil. Add chicken and cook 4-5 minutes on each side until done. Remove from pan and keep warm. Heat remaining 1TB oil and 1TB butter in skillet; add onion until beginning to brown, about 8-10 minutes; then add garlic and cook 1 minute more. Add ½ tsp salt, all mushrooms and oregano. Sauté for about 6 minutes until mushrooms release liquid and turn blackish. Sprinkle with flour and cook another minute or so stirring constantly. Stir in chicken broth, wine and soaking liquid. Cook 3 minutes until thick, stirring frequently. Add chicken, cook 2 minutes or so turning the chicken once. Sprinkle with fresh basil. Serve with mashed potatoes, pasta or polenta to soak up all the sauce! Serves 4.



Lynn and Doug on a camel ride in Egypt, 2018

Skillet-Braised Green Curry Chicken

Rosemarie Brantley, Tallahassee, FL.

Serves: 4

1 TB vegetable oil
2+ lbs with bone & skin chicken thighs
Kosher salt ground pepper
1 medium yellow onion, diced
2 cloves garlic, minced
(1) 13-15 oz. coconut milk
1 med red bell pepper, thin sliced
1 TB fish sauce
1 TB coarsely chopped cilantro
1 packed tsp light brown sugar
2 oz. baby spinach (about 2 cups)
Hot, cooked rice noodles

Preheat oven to 400 degrees. Prepare rice noodles according to package directions.

Heat oil in large oven-proof skillet over medium high heat. Pat chicken dray and season with 1 tsp salt and ¼ tsp pepper. Add chicken to skillet, skin side down, and cook until fat is rendered and the skin is crisp and golden, 6-8 minutes (do not flip). Transfer chicken to a large plate. Remove all but 1 TB fat from pan.



Aunt Nelda and Bob with Haskew and Rosemarie, Sea Island Lodge

Add onion to skillet, cook over medium heat, stirring until softened 2-3 minutes. Add curry paste and garlic and cook, stirring until fragrant, about 30 seconds. Add coconut milk, bell pepper, fish sauce, sugar and ¼ tsp salt. Scrape up any brown bits in pan and bring to a simmer. Season to taste with additional curry paste. Return the chicken to the pan skin side up, along with accumulated juices.

Transfer to the oven uncovered, and braise until thermometer reads 165 degrees, 20-30 minutes. Transfer thighs to a plate leaving sauce in skillet. Add spinach ad stir until wilted. Season to taste with juice from a couple lemon wedges, salt and pepper. Add rice noodles and toss to coat.

Divide pasta among 4 shallow bowls, then nestle chicken into the noodles and sauce. Sprinkle with cilantro and serve with lime wedges.



Jackie “shop, shop, shopping” with Rosemarie in Waynesville, N.C.

South American Chicken

Evye Szanto, Glenbrook, Lake Tahoe, NV.

Half a head of garlic cloves
¼ cup soy sauce
3 TB fresh lime juice
3 TB cumin
1 TB sweet paprika
1 TB oregano
1 tsp fresh ground pepper
2 TB EVOO
2 lbs. chicken thighs

Add garlic through ground pepper in food processor and mix well. In a zip lock, combine the marinade and chicken thighs and marinate at least 30 minutes.

Heat EVOO in large skillet over medium high heat, add chicken thighs (reserving the marinade) and brown on both sides to sear well about 2-3 minutes.

Add the marinade, cover and cook until done.



Evye with her fabulous carrot salad which would be great with the South American Chicken

Stuffed Cornish Game Hens with Roasted Vegetables

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

2/3 cups couscous*
¼ cup dried figs chopped
¼ cup raisins or currants
2 TB sliced almonds
1 clove minced garlic
1 TB chopped cilantro
1 tsp grated orange peel
1/4 cup fresh OJ
¼ cup chicken broth or water
2 Cornish Game Hens
1 tsp cayenne pepper
1 tsp ground cinnamon
½ tsp coriander
½ tsp ground ginger
1 tsp cumin
1 tsp salt
4 carrots cut on angle bite-sized
2 parsnips cut smaller on angle
1 onion or fennel same cut
1 Red Bell Pepper same cut
2 TB EVOO
Salt and pepper to taste

*We used Israeli couscous which is larger; we felt it needed to be pre-cooked a little before stuffing the bird. You could also use quinoa and since it's small, no pre-cooking necessary.

Preheat oven to 400 degrees. Combine fruit, couscous, almonds, garlic, cilantro, orange peel and juice, chicken broth/water. Season with salt and pepper. Combine all the spices. Clean and pat hens dry. Stuff and tie the legs. Coat with EVOO and sprinkle with half the spice. Place cut vegetables in bottom of roasting pan and drizzle with EVOO toss to coat and season with salt and pepper. Sprinkle with remaining spice. Place hens on top of the vegetables. Bake 1 – 1.25 hours until skin is brown and crispy. Let stand 5-10 minutes before slicing and serving.



Jackie having fun with her nephew, Andrew Lowell

Thai-Style Chicken with Basil

Alberta Daniel, Lithonia, GA.

2 cups tightly packed basil leaves
3 medium garlic cloves, peeled
1 tsp white vinegar
2 TB fish sauce
2 TB vegetable oil
1 TB white sugar
1 lb. boneless, skinless chicken breasts cut into 1" pieces*
Red pepper flakes for serving

Sauce:

2 TB fish sauce
2 tsp white vinegar
1/8 tsp red pepper flakes
2 tsp sugar to taste

Combine in small bowl stirring until sugar melts.



Jackie with her friend, Alberta Daniel out to lunch in Suwanee, GA.

Chicken:

Process 1 cup basil leaves, garlic and chilies in a food processor until finely chopped, 6-10 one-second pulses, scraping down the bowl. Transfer 1 TB basil mixture to small bowl and stir in 1 TB fish sauce, oyster sauce, vinegar and sugar. Set aside. Transfer remaining basil mixture to skillet.

Mix chicken with 1 TB fish sauce. Transfer to refrigerator for 15 minutes. Stir shallots and oil into basil mixture in skillet. Heat over medium-low heat (mixture should start to sizzle after about 1.5 minutes, if not, turn up heat), stirring constantly, until garlic and shallots are golden brown, about 5-8 minutes.

Add chicken increase to medium heat and cook stirring until no longer pink, 5-7 minutes. Add reserved basil-fish sauce mixture and continue to cook, stirring constantly, until basil is wilted, about 1 minute. Serve immediately, passing extra sauce. Serves 4.

* You may pulse the chicken in food processor to mince into ¼" pieces if you prefer. At this size, the chicken only needs to cook 2-4 minutes.



Jackie at a luncheon with her friends, Alberta Daniel, Lynn and Nan and Deb Simpson in Glenbrook, Lake Tahoe

Turkey Meatloaf

Kira Godbe, Monterey, CA.

1 lb. ground turkey
2 eggs
3 slices white bread cut into cubes
½ white onion chopped
3 stalks celery chopped
Tarragon, oregano, thyme
Salt and Pepper to taste
Cooking Spray

Turkey has very little fat, so coat the loaf pan with cooking spray. Mix all ingredients together and press into the pan. Bake in a loaf pan for 45 minutes at 350 F°.



Doug's Cousins, Dana Carnazzo and Kira Godbe , Thanksgiving 2010

Turkish Chicken Kebaps

Douglas Tuttle, Glenbrook, Lake Tahoe, NV.

5 boneless, skinless chicken breasts
1 tsp paprika
1 tsp cumin
1 tsp oregano
1 tsp sumac
1 tsp cinnamon
1 small onion, grated
½ cup pomegranate juice
1 TB EVOO
Fresh Lemon Juice
1 tsp+ red hot sauce
Salt and Pepper

Cut chicken in bite-sized pieces for the kebaps. Combine spices and the rest of the ingredients and marinate the chicken pieces two hours or overnight. When ready to cook, thread onto metal skewers and grill until done. Serve with eggplant, onions, bell peppers.



Jackie driving the golf cart at the Annual Rodeo in Glenbrook, Lake Tahoe

Vermouth Chicken

(given to me by Paula Andrings in Stuttgart, Germany)
Jan Dappen, Ellijay, GA.

6 - 8 boneless chicken breasts,
cut into skewer pieces

For the marinade:

½ cup EVOO
1 cup vermouth
1 cup cooking sherry or white wine
chopped green onions
1 TB dry mustard
2 TB grated lemon peel
¼ cup freshly grated ginger

Marinate chicken pieces overnight. Skewer the chicken and barbeque on the grill. You can also leave the chicken breasts whole, marinate and grill. Serve with salad or rice.



Annandale's Fabulous Choir at the Jazzy Thing, 2019

Pork

Best Baked Pork Tenderloin

Rosie Medlicott, South Lake Tahoe, CA.

½-1 lb Pork Tenderloins
1 TB oil
1 TB each lemon, lime and orange juice
2 tsp Italian seasoning
1 tsp garlic powder
1 tsp salt
1 tsp chili powder
½ tsp smoked paprika
¼ tsp freshly ground black pepper
1 tsp cumin

Preheat oven to 400 degrees and lightly grease a large baking/casserole dish. Pierce tenderloins all over with a fork. Rub oil onto all sides of the meat.

Whisk together Italian seasoning, garlic powder, cumin, salt, chili powder, smoked paprika and black pepper. Sprinkle mixture over the tenderloins, patting it onto the surface of the meat on all sides. Place in prepared baking dish and drizzle lemon/lime mixture over the top. Bake for 25-35 minutes until outside is browned and crispy and center is cooked through. Spoon juices from the dish over the meat. Allow to rest in baking dish for 5-10 minutes. Slice, spoon remaining juice over the pork and serve. Garnish with fresh chopped cilantro if desired.



Rosie (far left) and her family at her brother's ranch in verbs Medellin, Columbia

Family Supper Pork Loin

Lynn and Larry Kennedy, St. Simons Island, GA.

Hormel Original Pork Tenderloin trimmed of fat
Salt and pepper to taste (I love Jane's Krazy original mix-up salt)
2 TB Olive Oil
1-1/2 TB garlic powder (I use garlic powder with parsley)

On a cookie sheet, grease the tenderloin with olive oil. I use my hands and make sure it is covered, like giving it a massage. Sprinkle with salt and pepper and garlic powder. Cook uncovered for 45 minutes. Internal temperature should read 145 degrees.

Let the poork sit at least 10 minutes so the juices can settle, then slice and serve with sides. I serve with mashed potatoes, green beans and apple sauce.



Jackie fishing with Captain Larry in St. Simons Island on a cold October day!

Gator BBQ Ribs

Cheryl Smith-Kenady, Grill Master, Roswell, GA.

Dry rub for 4 Slabs Baby Back Ribs:

1 TB cumin
1 TB paprika
1 TB granulated garlic
1 TB granulated onion
1 TB chili Powder
1 TB brown sugar
2 TB Salt
1 tsp cayenne (I used ¼ tsp)
½ tsp fresh ground black pepper
½ tsp fresh ground white pepper

Pre-heat oven to 250 degrees. Clean the ribs and pat dry. Then cover ribs with spice rub (top and bottom of the racks). Wrap each rack in aluminum foil and bake, low and slow for about 5 hours. The meat will be falling off the bone. Be careful removing the racks from the oven and opening them because they will render a lot of fat. Dispose of aluminum foil and fat. Heat grill to medium high. Slather ribs with BBQ Sauce and grill only to brown the BBQ sauce on the ribs. Serve with extra BBQ Sauce for dipping.

BBQ Sauce:

¼ cup melted butter
1/34 cups catsup
¼ cup firmly packed brown sugar
¼ cup prepared yellow mustard
¼ cup white vinegar
2 TB Worcestershire sauce
1-2 TB hot sauce
1 TB liquid smoke
1-1/2 tsp lemon juice
1-1/2 tsp minced garlic
1 tsp fresh ground pepper
½ tsp crushed red pepper

Combine all ingredients in a large heavy saucepan. Cook over low heat 25-30 minutes, stirring often (it will stick to bottom of the pan).



Cheryl, Jackie and Dave fishing at St. Simons Island, GA., April 2019

Grilled Pork Chops with Avocado Strawberry Salsa

Jill Rosier, Lake Tahoe Markets
The Tahoe Basin's online Organic Farmer's Market
www.laketahoemarkets.com

4 large bone-in pork chops
Sat and pepper to taste
1 lime
½ avocado, diced
1 pint strawberries, diced
¼ red onion, diced
2 TB fresh mint
EVOO

Prepare a grill to medium high heat and lightly oil the grate. Rub the pork chops with EVOO and sprinkle with salt and pepper. Grill until internal temperature is between 145 and 160 degrees, turning once during cooking. Remove chops from grill and let rest.

While the pork chops are cooking, zest the lime. Juice the lime to yield about 1 TB juice. In a medium bowl, combine zest, juice, avocado, strawberries, onion and mint. Add salt to taste. Serve pork chops with salsa.



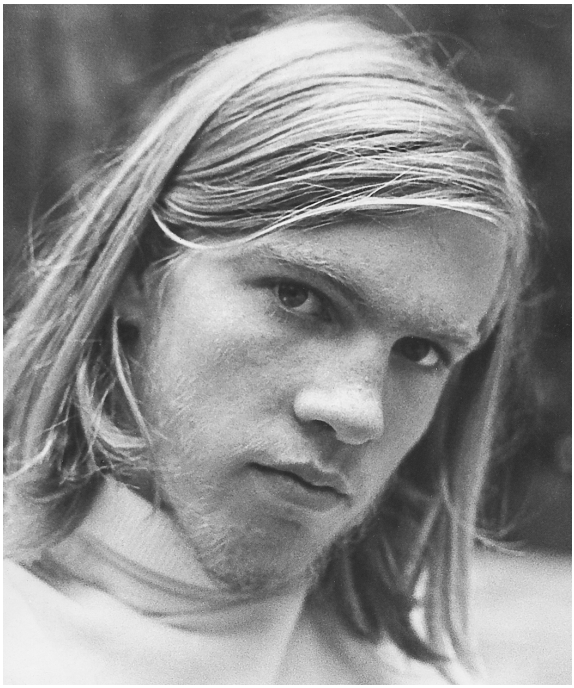
Jill, Dani and Steve Rozier, Dead Horse Point, Utah

Grilled Pork Chops with Kokkari Sauce

Douglas Tuttle, Glenbrook, Lake Tahoe, NV.

4 TB EVOO
2 TB Lemon Juice
2 tsp chopped capers
1 tsp caper juice
2 pork chops
1 tsp finely chopped parsley
½ tsp finely chopped fresh oregano
¼ tsp dried Greek oregano
Sea salt and freshly ground pepper
1 tsp finely sliced garlic

Mix together all the ingredients for the sauce. Wash and pat dry the pork chops. Pour over the pork chops and let sit for about an hour. Cook on the grill low and slow turning to brown on both sides. Serve with extra sauce.



Doug when he was 16 in NYC

Grilled Pork Tenderloin

Angela Cooper, Roswell, GA.

½ cup peanut oil
1/3 cup soy sauce
¼ cup red wine vinegar
3 TB lemon juice
2 TB Worcestershire sauce
2 cloves garlic, minced
1 TB chopped fresh parsley
1 TB dry mustard
1-1/2 tsp black pepper
2 lb. pork tenderloins

Combine ingredients in a zip lock bag and add the pork tenderloins. Seal and chill 6-8 hours or overnight. Remove tenderloins from marinade.

Grill, covered 6 inches from medium coals for 12-14 minutes, turning once.





Angela and Bubba Cooper (left). Tink on her birthday 2019
At Lucky Dog in Roswell (right)!

Grilled Pork Tenderloin (Chicken or Fish) with Mango Grilling Sauce

Marilyn McDonald, Roswell, GA.

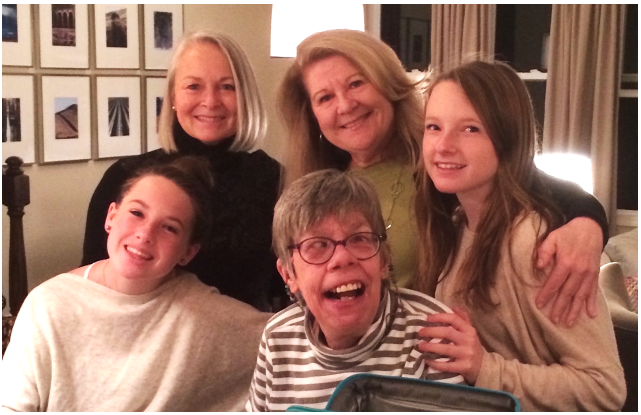
1-2 pork tenderloins
¾ cup BBQ sauce (recipe follows)
1 ripe mango, peeled, pitted and mashed or pureed
1 canned chipotle pepper, minced plus
1 tsp adobo sauce
1/3 cup honey
2 TB fresh lime sauce
1 TB chopped fresh cilantro

Combine all ingredients in a saucepan. Bring to a boil, reduce heat to low and simmer for 5 minutes. Remove from heat and cool slightly. Stir in fresh cilantro. Wash and pat dry the pork tenderloins. Sprinkle with salt and pepper. Grill over medium heat, covered 10 minutes on each side until firm. Baste with mango sauce, cook a couple minutes; baste and turn and repeat. Remove tenderloins to a serving plate; let rest 5-10 minutes, slice and drizzle with sauce. Sprinkle with cilantro as garnish. Serve with extra sauce on the side. Great also with chicken or meaty white fish such as swordfish, mahi mahi, opah.

BBQ Sauce:

½ cup melted butter
1-3/4 cup catsup
¼ cu packed brown sugar
¼ cup prepared yellow mustard
¼ cup white vinegar
2 TB Worcestershire sauce
1-2 TB hot sauce
1 TB liquid smoke
1-1/2 tsp lemon juice
1-1/2 tsp minced garlic
1 tsp fresh ground pepper
½ tsp crushed red pepper flakes

Combine all ingredients in a large heavy saucepan. Cook over low heat for 25 -30 minutes, stirring often as the sauce will stick to the bottom of the pan.



Lynn, Marilyn, Mimi, Michelle and Jackie

Jambon Farci (Stuffed Ham) with Beaujolais Nouveau

Jodi Lapin, Paris, France

3 cups whole milk
5 TB Butter
6 TB flour

4 oz. shredded Gruyere Cheese
½ tsp salt
1/8 tsp. black pepper
(nutmeg optional)

4 oz. grated white cheddar
6 pieces thick cut sliced ham
6 trimmed head endive OR

18 trimmed pieces asparagus
Crusty French Bread or Baguette
Tossed Green Salad
Beaujolais Nouveau

Spray EVOO on bottom of a 9X13" pyrex baking dish. Preheat oven to 350 degrees.

Trim the ends off the endive, but not too much that it doesn't still hold together. (or trim the asparagus the about the same height as the ham slices). Place the vegetables in slowly boiling, salted water and cook until crisp tender. Remove from heat and drain thoroughly. When cool enough to handle and dried, wrap each endive (or 3 spears of asparagus) in the ham slices and place in a line on the bottom of the baking dish seamed-side down. You may need to use toothpick to hold packages together, but usually they will hold if wrapped tightly and placed seamed-side down.

To make the cheese sauce, melt butter in saucepan or skillet, add flour and whisk about 5 minutes to cook the flour. In a stream, add the milk whisking constantly; bring to a boil. Reduce heat and cook 10-15 minutes whisking occasionally. Remove from heat, add Gruyere cheese to melt, season with salt and pepper to taste. Pour over the ham roulades in the baking dish. Sprinkle with grated white cheddar. Bake about 25-30 minutes until cheese is bubbly and turning brown.

Serve with crisp green salad with oil and vinegar dressing; and warmed, crusty bread to sop up remaining cheese sauce.

NOTES:

- You can ask your local deli to slice your ham thick – about 1/8-1/4"
- Beaujolais Nouveau is the most popular vin de primeur, harvested in the
- Beaujolais Region of France in November each year. This is a dish served with the wine in the Fall to celebrate the wine harvest.



Oven Ribs

Jackie Hawley (aka "Funny Jackie"), Boulder, CO.

Preheat oven to 325 degrees. You will need a large foil baking pan (disposable is best) and (2) 6-cup aluminum, disposable muffin tins.

Water
1 cup apple cider vinegar
2 racks of baby back ribs
Your favorite BBQ sauce
Garlic Powder
Mrs. Dash seasoned salt
Ground red pepper flakes

Place muffin tins upside down in the large baking tin. Add 1" water and 1 cup cider vinegar to the baking tin.

Sprinkle the racks of ribs, front and back with garlic powder, then Mrs. Dash, then ground pepper flakes (if you want it spicy). Place the racks meat face down on top of the muffin tins. Cover with foil and bake 2 hours.

Drain the water, remove muffin tins from the pan and coat ribs with BBQ sauce. Cook 1 more hour meat side up. ENJOY!



"Funny Jackie" with her granddaughter, Brooke in Boulder, CO.

Pork Carnitas with Avocado Salsa

Kathy Meek, Lodi, CA.

For the Pork:

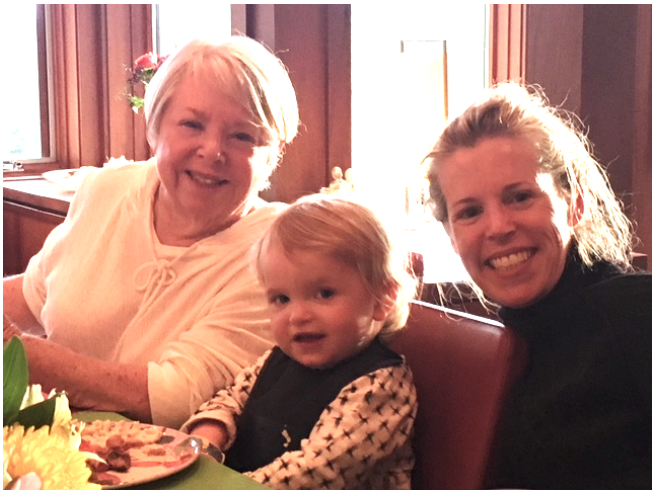
5-lb. pork butt cut into large chunks
Trim off the fat chunks
2-1/2 cups water
1-1/2 cups orange juice
1 tsp grated orange peel
¼ brandy
6 cloves garlic

Combine pork and fat chunks with first 5 ingredients. Bring to a boil, then cover and reduce heat and simmer for 2 hours. Add ¼ cup of water at a time if needed. Uncover and boil mixture until reduced by half. Stir in brandy and boil until liquid evaporates. Then continue to brown the meat for about 10-15 minutes. Cool and discard all the fat and shred the pork.

Avocado Salsa:

4 large avocados
8 oz. tomatillos coarsely chopped
2 serrao chiles, seeded & chopped
2 TB chopped white onions
2 TB chopped cilantro
Salt and pepper to taste

Combine all ingredients in a food processor and pulse until a chunky puree. Season with salt and pepper to taste. Cover tightly with plastic wrap to make ahead. Serve the Pork Carnitas in warmed flour tortillas, Mexican beans (or rice), avocado salsa and top with pico de gallo or any other condiments you would like. This can be made ahead and warmed up when ready to serve.



Kathy, daughter, Kim and granddaughter, Hadley in Tahoe at Easter, 2019

Pork Ragu over Creamy Polenta

David Brantley, St. Simons Island, GA.

For the Pork:

3 lbs. skinless, boneless pork shoulder (Boston Butt) cut into 3 pieces

2 TB tomato paste
Kosher salt and freshly ground pepper
1 TB vegetable oil
1 large onion, finely chopped
6 cloves garlic, finely chopped
½ cup full-bodied red wine
(1) 28-oz. can whole peeled tomatoes
4 springs thyme
2 sprigs rosemary
2 bay leaves

Season pork with salt and pepper. Heat oil in a large, heavy pot over medium heat. Cook pork turning often, until evenly browned, 10-12 minutes. Transfer to a platter and pour off pan drippings. Wipe out any burned bits from pot but leave golden-brown pieces (doing this will keep the finished sauce from tasting bitter).

Add onion and garlic to pot and cook, stirring occasionally, until onion is starting to brown and caramelize, 12-15 minutes. Add tomato paste and cook, stirring occasionally, until slightly darkened in color, 5-8 minutes. Add wine and cook, scraping up any browned bits, until reduced by half, about 5-8 minutes. Add tomatoes, crushing with your hands as you go, then add thyme, rosemary, and bay leaves; stir in 2 cups of water. Add pork with any juices accumulates on the platter; season with salt and pepper.



Haskew and Dave, Panama City, FL 1963

Bring liquid to a boil, then reduce heat and simmer, partially covered, until pork is falling apart tender, sauce is thickened (it will be thicker than a typical pasta sauce), and flavors have melded, about 2.5-3 hours. Using two forks, break apart the pork into pieces of shred, your choice; taste and season with salt and pepper. Pork can be cooked 5 days ahead. Let cool; cover and chill in the sauce.

For the Polenta:

Kosher salt
1½ cups coarse polenta
¼ cup butter
¼ cup grated Parmesan, more for serving
Freshly ground black pepper
½ cup chopped parsley
EVOO for drizzling

Add 6 cups of water to a large pot and bring to a boil. Whisking constantly, gradually add the polenta; reduce heat to medium low. Cook, whisking often until polenta is tender and creamy, about 20-25 minutes. (If polenta becomes too thick too fast, loosen it up by adding water and continuing to cook). Add butter, ½ cup Parmesan and whisk until melted; season with salt and pepper. Spoon polenta onto a platter or individual plates, top with Pork and sauce and scatter the top with parsley and drizzled EVOO.



Dave started fishing at an early age; in the Chris-Craft at Lake Lanier, 1962

Pork Tenderloin with Cilantro Lime Butter

Lisa Hellod, Stateline (Lake Tahoe), NV.

Dry Rub:

2 bay leaves, remove stems
1 tsp dried thyme
2 tsp salt
1 tsp ground black pepper
2 TB minced garlic
1 to 1-1/2 lbs pork tenderloin

Combine all ingredients in food processor fitted with metal blade (or herb grinder) and puree thoroughly to make dry rub.

Cilantro Lime Butter:

1 stick (8 TB) salted butter
2 TB fresh lime juice
1 garlic clove peeled
1 medium shallot, peeled
Zest of 1 lime
3 TB Cilantro leaves
¼ tsp whole black peppercorns
½ tsp salt
¼ tsp ground black pepper

Preheat the oven to 375 degrees. Rinse and thoroughly pat dry the pork tenderloin. Coat the tenderloin on all sides with the pork rub and then spread to top of the tenderloin with half of the cilantro lime butter. Place the tenderloin on a metal baking sheet and roast it for 20-25 minutes until internal temperature of the pork is at least 140 degrees. There should be no pinkness to the meat. Let the tenderloin rest for at least 5 minutes, spread the remaining cilantro lime butter on top, slice and serve with juice.



Lisa and Dave Hellod at Twin Pines, Lake Tahoe for Lisa's birthday, 2019

Solomon's Baby Back Ribs

Patti Soloman, Johns Ceek, GA.

2 racks of baby back ribs
1-2 jars BBQ Sauce

Dry Rub:

1 cup brown sugar
1 TB garlic powder
1 TB onion powder
1 tsp salt

Preheat oven to 275 degrees. In a small bowl, mix dry rub ingredients. Be generous with the brown sugar. Rinse ribs and pat dry with paper towels. Remove the membrane from the back of the ribs. Spread dry rub all over the ribs making sure to cover both sides. Wrap ribs tightly in aluminum foil, place on baking sheet. Bake for at least 2 hours or until fork tender. Open foil and drain liquid from the ribs. Brush BBQ sauce on the ribs and broil for 5 minutes or put on the grill for a few minutes and serve.



Patti and Mike Soloman with their daughter, Jesse at the InCommunity (formerly enAble of Ga) Annual Gala

Spicy Pulled Pork

Lynn Wade Kennedy, St. Simons Island, GA.

2 onions, peeled and quartered
1 Pork Butt (or pork shoulder)
Salt and pepper to taste
Adobo sauce
3 TB brown sugar
(1) 20-oz. bottle of Dr. Pepper
(1) 11-oz. can chipotle chilies

Reheat oven to 350 degrees. Using a large pot or deep lasagna pan (the juices will multiply) place onions in the bottom. Place pork butt on top of onions and season with salt and pepper. Pour chilies over the top (I use the whole can because I love the heat! My kids, however, do not. I only use about half the can.)

Pour the Dr. Pepper over the chilies. Add brown sugar to the juice and stir to dissolve. Cover the pot with foil and cook for at least 6 hours, flipping the pork every two hours during the cooking process. When it is done, it will start to fall apart. If it does not pull apart easily, cook another 30 minutes longer and check again. Remove the roast from the pot and shred the meat using two forks. Pace the meat back in the pot with the juice to keep it moist until you serve. You can serve it by itself with yummy sides; or on Hawaiian sweet rolls; or on nachos.



Lynn and Larry Kennedy, (Capt. Larry), St. Simons Island, GA.

Beef & Lamb

Asian-Whiskey Braised Beef Short Ribs
With Chile-Scallion Rice

Lynn Brantley, Glenbrook (Lake Tahoe), Nevada

3 lbs. bone-in beef short ribs
Kosher salt and ground pepper
2 TB canola oil
2 yellow onions sliced into rings
4 cloves garlic, sliced (1.5 TB)
2-3 TB fresh ginger sliced
1/2 cup rye whiskey* or sake
1/2 cup sweet tea**
1/2 cup beef broth
1 TB sherry vinegar***
1/3 cup Kim chi
2 TB low sodium soy sauce
2 red or green Fresno chilies (or green jalapenos to taste) divided
½ cup chopped scallions
3 cups hot brown rice
2 TB chopped fresh cilantro

Notes: I used Seagram's Seven
I used unsweetened tea plus l+ tsp brown sugar
I used white balsamic vinegar or rice vinegar, (not mirin)



Jackie in the dining room at D. Scott Hudgens, Annandale Village with her friend, Debbie Bentley

Sprinkle short ribs with salt and pepper and brown well on all sides, about 10 minutes. Place ribs in slow cooker. In the same frying pan add the onions and cook until tender (about 10 minutes), add garlic and ginger for another few minutes until fragrant. Add the whiskey and cook a couple minutes. Add tea (and brown sugar if using instead of sweet tea), beef broth, Kim chi, vinegar, half chilies and soy sauce. Bring to a simmer and cook another 3-5 minutes.

Pour onion mixture over short ribs, cover tightly and cook on low for 7 hours. The meat will be falling off the bone. I did turn the meat to cook 1/3 of the time on each side. After cooking, remove ribs and keep warm. Skim the fat and discard.

Chop cilantro and green onion. Stir 1.5 tsp canola oil, remaining chili and ¼ cup scallions into rice.

To serve:

place rice in shallow bowls, top with ribs, and spoon about ¼ cup broth over each serving. Sprinkle evenly with remaining scallions and cilantro.



More of Jackie's friends in the dining room.

BBQ Beef Teriyaki Kebabs

Jill Folsom, Massage Therapist, South Lake Tahoe, CA.
www.tahoemassageandskincare.com

For the Steak:

2 lbs flank steak or boneless round
16 wooden skewers soaked in water
2 tsp sesame oil
Salt and pepper

Cut steak across the grain about ¼" thick; then into 1" bites. Place in a reasealable plastic bag with above ingredients and marinate 8 hours or overnight.

Glaze:

½ cup water
½ cup soy sauce
½ cup brown sugar
2 TB honey
1 TB mirin or rice vinegar
1 TB minced garlic
1 TB minced ginger
¼ cup vegetable oil
1 TB cornstarch
¼ cup cold water



Jack and Jill!

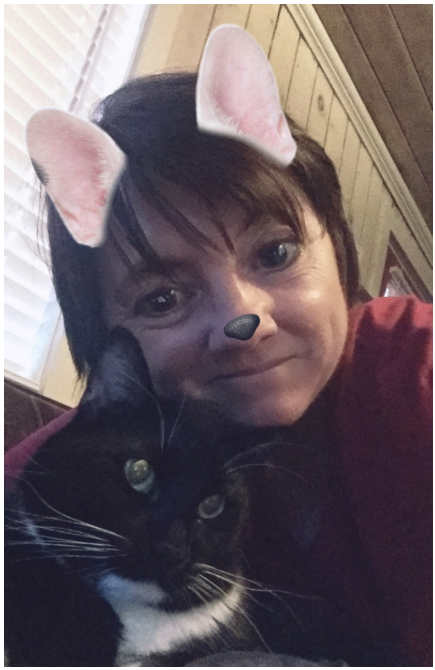
Combine all glaze ingredients (except last cornstarch and water) in skillet over medium-high heat. Bring to a boil then reduce heat to medium. Stir cornstarch and 14 cup cold water together and pour into the teriyaki glaze. Simmer another 3-7 minutes until thickened. Remove from heat. Reserve ½ cup glaze to drizzle over cooked beef kebabs.

For the Skewers:

2 red bell peppers in 1" squares **Fresh pineapple cut into 1" pieces**
1 yellow onion cut into 1" squares

Soak wooden skewers at least 30 minutes in water. Thread meat, bell pepper, onion and pineapple onto skewers and repeat as many times as you need to fill the skewers. Brush tops with sesame oil and salt and pepper. Spray grill with nonstick spray and heat up. Cook 2.5 minutes, brush tops with glaze, flip and cook another 2/5 minutes, and brush tops with glaze. Be careful because the sweet ingredients will cause the flames to flare up.

Remove kebabs to a platter, drizzle with reserved glaze, and sprinkle with toasted sesame seeds, chopped cilantro and sliced green onions. Garnish with toasted sesame seeds, chopped cilantro and thinly sliced green onions.



Beef Wellington with Mushroom Pate

Evye Szanto, Glenbrook, Lake Tahoe, NV.

1 Beef Tenderloin (½ lb./person)
2 tsp salt (divided)
2 tsp garlic pepper (divided)
1.5 tsp thyme (divided)
1-2 TB EVOO
1 chopped onion (or 3 shallots)
1 lb. mixed mushrooms, sliced
3-4 cloves garlic, chopped
1/2+ tsp thyme
3 TB Brandy
Puffed Pastry (I use Dufour)
Flour for dusting
Prosciutto (to cover tenderloin)
2 eggs (for egg wash)

Wash and pat dry the beef tenderloin. Season with 1-1/2 tsp each salt and garlic pepper, and 1 tsp thyme. Heat EVOO in large skillet over medium high heat and brown the beef tenderloin on all sides. Remove from heat and set aside.



A FEAST at Vic & Evye's, Lake Tahoe, 2019

Add to the same pan the onions and sauté until translucent; next, add your sliced mushrooms, remaining salt, pepper and thyme, and cook until they release their liquid and most has been reabsorbed. Carefully add the brandy (I usually take the pan off the flame for this step so it doesn't flame) and cook until most has been absorbed.

Spread a piece of saran wrap on the counter that will cover the entire beef tenderloin. On that, place enough pieces of prosciutto to wrap the whole tenderloin. Spread the prosciutto with the mushroom pate. Place the tenderloin on top of the pate and wrap it up tightly in the saran wrap. Refrigerate at least ½ hour.

Sprinkle work area with flour and roll out your puffed pastry to a size that will cover the entire beef tenderloin.

Preheat oven to 350 degrees. Remove the beef from the oven and remove it from the saran wrap. Wrap the tenderloin now in the puffed pastry. If you have any remaining puffed pastry left, you get creative and cut our initials or leaves to decorate the top.

Roast the beef tenderloin until the beef is at least 125-degree internal heat and the pastry is nice and brown. You can serve with a red wine or green peppercorn sauce.



Braciole (Italian Flank Steak) with Tomato Sauce

Rosie Medlicott, South Lake Tahoe, CA.

1 – 1¼ lb flank steak
Salt and Pepper to taste
1/3 cup grated Parmesan cheese
1/3 cup grated Provolone cheese
1/3 cup Italian breadcrumbs
2 TB finely chopped Italian Parsley
2 cloves garlic, minced
2 TB butter
1 cup white wine
3 cups tomato sauce
Butcher's twine

Preheat oven to 300 degrees.

Pound flank steak to make it thinner. Pound for about 1 minute getting it as thin as possible. Then dust both sides with salt and pepper

Mix together cheeses, breadcrumbs, parsley and garlic in a bowl. Spread them out evenly on the top of the flank steak. Roll up the steak and tie tightly with butcher's twin in 3-4 places so the filling doesn't fall out.

Melt butter in Dutch oven over medium high heat, browning on all sides. Turn every 3 minutes for about 8 minutes. Add white wine and bring to low boil. Pour tomato sauce over steak. Cover and roast in oven 1-1/2 hours, basting every 30 minutes.

After 1-1/2 hours, remove from oven and let steak rest for 10 minutes before slicing. Remove twine as you slice. Serves slices topped with tomato sauce and extra cheese for topping.



Braciole "before"

Fifteen minute Beef Stroganoff

Nancy Elkins, Lutz, FL.

1 lb. round steak cut ¼ - ½" thick
2/3 cup water
3-oz. can broiled sliced mushroom
Buttered fine noodles or rice, cooked
1 envelope onion soup mix
1 cup sour cream
2 TB flour

Cut meat across the grain into strips about 1/4" wide. Heat 3 TB oil or butter in frying pan. Brown meat quickly and remove from pan. Add water and mushrooms (including liquid) and stir in the soup mix. Heat to boiling. Blend in sour cream and flour; add meat. Cook and stir until mixture thickens, sauce will be thin. Serve over noodles or rice.



Jackie's great grandmother (Nancy Kenaston's Grandmother), Lilian Mae Kenaston

Garlicky Grilled Beef Tenderloin

Douglas Tuttle, Glenbrook, Lake Tahoe, NV.

Serves: 4 - 6

(1) 4.5 lb. trimmed beef tenderloin
1/3 cup EVOO
6 garlic cloves, thinly sliced
2 TB coarsely cracked black pepper
1 TB chopped thyme
2 tsp chopped marjoram
2 tsp chopped rosemary
2 tsp salt

Fold the thin end of the tenderloin until to make the meat even in thickness. Tie the roast at 1" intervals and transfer to a large rimmed baking sheet. In small bowl, combine the EVOO with garlic, pepper, thyme, marjoram, rosemary and salt. Rub the herb oil all over the roast and refrigerate 2-5 hours. Bring to room temperature before grilling.

Grill roast over moderately high heat, turning often, until nicely charred, about 30 minutes for medium-rare. Transfer to a carving board and let rest for 10 minutes. Slice roast ½" thick and serve with accumulated juices.



Jackie and Doug on Christmas Eve in Jackie's Roswell Condo

Kaddo Bourani

(Afghani Pumpkin with Spicy Yogurt and Meat Sauce)

From Helmand's Afghan Restaurant, San Francisco, CA.
Douglas Tuttle, Glenbrook, Lake Tahoe, NV.

Serves: 4

Pumpkin:

2 sugar pie pumpkins (or butternut squash can be substituted)
6 TB corn oil
3 cups sugar

Preheat your oven to 300 degrees. Cut up the pumpkin or squash into 2"X3" pieces and peel off the skin with vegetable peeler. Place on baking pan in single layer and cover with oil. Rub all over each of the pieces. Place pieces hollow side up and pour sugar over the pumpkin/squash. Cover in aluminum foil and bake 2.5 hours; open aluminum to baste and recover, cooking another 45 minutes. Squash will not take this long to become tender and absorb the oil and sugar. The flesh will turn dark orange.

Yogurt Sauce:

2 cups plain yogurt
2 garlic cloves, minced
1 tsp dried mint
½ tsp salt

Mix together all ingredients and refrigerate.

Meat Sauce:

¼ cup corn oil
1 large onion, finely chopped
1-1/2 lbs. ground beef
1 large tomato seeded, diced
2 large garlic cloves, minced
1-1/4 tsp ground coriander
1 TB fresh grated ginger
1-1/2 tsp salt
1 tsp freshly ground pepper
½ tsp ground turmeric
2 TB tomato paste
¼ tsp red pepper flakes (Optional)
Finely diced fresh pepper
1-1/3 cup water

Brown onions in skillet over medium high heat. Add the meat and cook until browned, removing excess fat. Add all other ingredients (except the tomato paste and water) and cook, stirring for another 5 minutes. Stir in the tomato paste, then water, and bring to a boil. Cover, lower heat and simmer for about 15 minutes.

To Serve:

Place hot pumpkin on a platter, topped with cold yogurt sauce, and finally topped with hot meat sauce.

Lamb and Eggplant Turkish Rollatini or Lasagna

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

2 Eggplants
EVOO
Salt and Pepper
½ cup soft goat cheese
½ cup whole milk ricotta
1 tsp lemon juice
½ tsp lemon zest
½ tsp chopped thyme
¼ tsp red pepper flakes
1 egg
1 lb. ground lamb
1 tsp coriander
1 tsp cumin
1/8 tsp cayenne
1 tsp sweet paprika
2 TB EVOO
1 cup chopped onions
1 TB minced garlic
1 cup chopped tomatoes (or 1 can)
1 cup chopped red bell peppers
2 TB white wine
2 TB tomato paste
½ cup chopped fresh basil
¼ cup heavy cream
1 cup Mozzarella cheese
½ cup+ grated parmesan cheese



Haskew Brantley, was in the Georgia State Legislature and Senate for 20 years when President Jimmy Carter was Governor of Georgia; Jackie's brother, Dave, sisters, Lynn and Sue, Jimmy Carter and Dad, 1972.

Cheese Stuffing:

This meal can be assembled as rollatini or as a traditional lasagna. The lasagna is easier. Preheat oven to 350 degrees. Slice eggplant lengthwise into about ¼" thick slices. On a baking sheet (or two) lined with aluminum foil sprayed with EVOO, place eggplant slices. Spray the top again with EVOO and season with salt and pepper. Roast about 20 minutes until slices are pliable and barely beginning to brown.

In a bowl, place both the goat and ricotta cheeses along with the lemon juice, zest, thyme, red pepper flakes and one egg. Season with salt and pepper, mix well, and set aside.

Lamb Stuffing:

In large frying pan, brown the ground lamb, remove from heat and remove grease. Sprinkle with coriander, cumin, cayenne, paprika and mix well. Set aside.

Tomato Sauce:

In the same frying pan, add EVOO and cook onions until tender. Add garlic until fragrant, about 1 minute. Add tomatoes, bell peppers, wine, tomato paste. Reduce heat and simmer 2 minutes or so until all flavors meld. Season with salt and pepper. Remove from heat and stir in the cream and basil.

Assembly:

For Rollatini you will place the cheese mixture and lamb at one end of each eggplant slice and roll them up. For lasagna, you will use the eggplant slices like you would use lasagna noodles. Place a small amount of tomato sauce in the bottom of about 11X15" Pyrex lasagna pan.

For Rollatini: place a layer of the rolled up eggplant slices with the cheese and lamb filling. Cover with tomato sauce, a layer of Mozzarella and parmesan cheese and top with extra chopped basil.

For Lasagna: alternate layers of eggplant slices, cheese mixtures, tomato sauce and layers of Mozzarella and parmesan cheese. End with the cheeses on top and sprinkle with extra basil if desired.

Bake for about 30-45 minutes until bubbly and beginning to brown on top and around the edges. Let it set for about 20 minutes before trying to cut and serve so it will hold together.

Lamb Stew

Karen Werner, Stone mountain, GA.

2 cans white beans, rinsed, drained
1-1/2 cups dry red wine
1-1/2 cups chicken broth
1 can diced tomatoes, drained
3 TB tomato paste
1 tsp fresh thyme
1 bay leaf
6 garlic cloves, minced
2 TB EVOO
5-6 lamb shanks, ½ - ¾ lb. each
1 yellow onion, diced
1 celery stalk, diced
2 large carrots, diced

In a Dutch oven over medium-high heat, warm EVOO. Add lamb shanks, a few at a time, and brown on all sides, 10-12 minutes. Transfer shanks to a plate. Add onion, celery and carrots to the pan and sauté, stirring occasionally, until tender, 1-10 minutes. Add garlic and cook, stirring another 1-2 minutes.

Add to pot: wine, broth, tomatoes, tomato paste, thyme and bay leaf; stir to mix. Add lamb shanks, bring to a simmer and reduce heat to low. Cover and simmer, about 3 hours. Cut meat off the bone and return to the pot; add beans, heat thoroughly and serve.



Family weekend at Annandale Village with Karen and Kara

Midge Pasternack's Brisket

Submitted by her Daughter, Dana Pasternack Levey, Atlanta, GA.

1 Beef Brisket, trimmed
1 cup Ketchup
1 pkg Lipton's Onion Soup mix
½ cup apple cider vinegar
½ cup brown sugar

Select a pan large enough to hold the brisket with top; line the pot with double or heavy-duty foil. Mix together all ingredients and pour over the brisket in the pot. Cover the top of the pan with additional foil and the top to make a good seal. Bake at 325 degrees, 20 minutes per pound.



I'm honored to have known Midge and her daughter, Dana too

Mongolian Beef (or Shrimp)

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

1 lb. flank steak
¼ cup cornstarch
2 TB canola oil
1 red bell pepper cut into chunks
1 cup snow peas
1 cup broccoli florets
4 scallions sliced
1 TB grated ginger
½ TB minced garlic
1 TB canola oil
¼ cup Hoisin sauce
¼ cup light soy sauce
1 TB brown sugar (or more to taste)
2 TB black bean garlic sauce

Wrap flank steak in plastic wrap and free 1 hour to make slicing easier. Then, slice into ¼" strips. Toss with cornstarch and let sit for 15 minutes.

In the meantime, make sauce by combining Hoisin, soy, sugar and black bean sauce. Add sugar if you like sweeter, soy if you like saltier, black bean garlic if you like more savory.

Stir fry veggies, garlic and ginger in 1 TB canola oil until just cooked through but still firm. Remove from pan and set aside. Add remaining canola oil and stir fry beef over high heat until browned (about 4 minutes). Return veggies and add sauce. Continue cooking until sauce thickens. Sprinkle with additional scallions to garnish and serve over rice (optional).



Susu, Lifeguard Pinkie and cousin Lori Fancher (Falls), Sea Island, 1967

Osso Buco, Italian Classic, Veal Shanks

Douglas Tuttle, Glenbrook, Lake Tahoe, NV.

Serves: 2

2 cross-cut veal shanks
1cup veal or beef broth
2 cups grated tomatoes
Thyme and Rosemary to taste
1-2 cups white wine
1-2 bay leaves
1 fennel bulb, coarsely chopped
1 parsnip, coarsely chopped
1 yellow onion, coarsely chopped
2 cloves garlic
EVOO
Salt and pepper to taste

Gremolata:

Lemon zest
Grated Parmesan
Flat-leaf parsley

Cut each tomato in half horizontally and squeeze and shake out the seeds. Using a box grater, grate the flesh out of the tomato until there is nothing left but the skin – discard.

Wash and pat dry the shanks, coat with EVOO and season with salt and pepper. If you do not like fat, trim the shanks, otherwise, skim the fat off after cooking. In large skillet, heat EVOO over medium-high heat, and brown the shanks on each side, remove shanks to a plate and set aside. Reduce heat (add more EVOO if necessary), add onions and cook until they become translucent; add parsnips and fennel and cook 5 minutes more, stirring frequently. Add white wine and deglaze the pan scraping up any remaining browned bits of veal and vegetables. Add grated tomatoes, garlic, spices, veal shanks and veal or beef broth; bring to a boil, reduce heat and cover. Cook for about an hour or until veal shanks are quite tender. Taste and season with salt and pepper if necessary. To serve, place shanks in shallow bowls, spoon the sauce over the meat, and top with a sprinkle of gremolata.



Doug eating lunch in Florence, 2010

Oven-Barbequed Beef Brisket

David Brantley, St. Simons Island, GA.

Dry Rub:

1-1/2 TB packed light brown sugar
1-1/2 TB paprika
2 tsp dry mustard
2 tsp ground black pepper
2 tsp salt
1 tsp onion powder
1 tsp garlic powder
1 tsp ground cumin
¼ tsp cayenne pepper

Mix all ingredients well in bowl and set aside.

Brisket:

1 (4-5 lb.) brisket roast – trim fat
1 lb/ bacon



Jackie and her brother, Dave standing on their hands in the swimming pool in St. Simons Island, GA.

Preheat oven to 275 degrees. Rub dry rub all over brisket and poke holes over with a fork. Place half bacon going crosswise in a broiler safe 9X13" pan (Best not to use glass pan). Put brisket fat side down on top of bacon. Lay the rest of the bacon crosswise on top of the brisket, wrapping it down around the sides and tucking any excess under. Cover the pan with foil and cook in oven 4 hours.

Take the pan out of the oven. Carefully flip brisket over, fat side up. Replace foil and return to oven. Turn off heat and leave brisket in oven for another hour.

Sauce:

Reserved bacon from brisket
1 onion, finely chopped
½ cup vinegar
1/3 cup packed dark brown sugar
1-2 cups chicken broth
½ cup ketchup
4 tsp canned chipotle peppers in adobo sauce, minced

Pour accumulated juices from brisket into large measuring cup or a bowl. Remove bacon from brisket and chop. Cook bacon in medium saucepan for about 5 minutes, until fat is rendered. Add onion and cook until softened, about 5 minutes. Take off heat and add vinegar and dark brown sugar. Return to hear and simmer until reduced to a syrupy consistency about 5 minutes.

Skim fat from accumulated juices and add chicken broth to make a total of 3 cups. Add a mixture in saucepan and reduce until about 2 cups, about 8-10 minutes. Take off the heat and add ketchup. Mix well and strain if desired. (I like to strain about half the solids out). After straining, add chipotle peppers.

Turn oven to broil. Brush Brisket with 1 cup sauce and broil until top is lightly browned and fat starts to crisp. Cut brisket against the grain into ¼" slices and serve with extra sauce.



Jackie floating on her back in the swimming pool

Polpettone Tuscan Meatloaf

Rosie Medlicott, South Lake Tahoe, CA.

For the decoration inside:

1 boiled carrot, cut lengthways into 4 slices
2 hardboiled eggs, peeled
I dozen olives (optional)

For the Polpettone:

1 lb. lean ground meat (or 2/3 meat, 1/3 sausage)
3 TB flour
¼ cup breadcrumbs
1 glass of white wine
2-3 cups vegetable broth
Salt & Pepper to taste
½ cup ricotta cheese
½ cup grated parmesan cheese
1 egg
1 cup parsley
2 TB Cilantro
2 cloves garlic, finely chopped

For the Sauce:

28 oz. can Italian crushed tomatoes
2 cloves garlic
½ tsp sugar
Bunch of basil chopped (20)
¼ cup red wine

Preheat oven to 400 degrees. Mix meat mixture for Polpettone well with your hands. Flatten into dinner plate shape. Place vegetables and hardboiled eggs on the meat and roll it up jelly-roll-style. Try to seal the seams. Roll the meatloaf in breadcrumbs. Place meatloaf in oiled glass baking dish, seam side down. Add white wine and a cup of vegetable broth. Cook 30-40 minutes until well browned. Meanwhile make the tomato sauce adding the basil at the end; save some of the basil for garnish. Add the meatloaf to the sauce and cook an additional 10 minutes.



Rosie and her Family

Rhonda's Mexican Casserole

Rhonda Scott, Beckley, West Virginia

1 lb. ground hamburger
8-oz. bottle thick & smooth taco sauce
1 package taco seasoning mix
1 jar of salsa
1 bag Nacho Cheese Doritos
1 can refried beans
2 cups shredded cheese

Preheat oven to 350 degrees. In frying pan, brown hamburger meat and drain. Add package of taco seasoning and a jar of salsa. Mix well.

In 9X9" casserole dish crush some Doritos and cover bottom of dish. Put half the hamburger mixture over the top of the Doritos, spoon half refried beans over that, then a layer of cheese and repeat. Bake 20 minutes until cheese is melted and the casserole is hot. ENJOY!



Rhonda is Jackie and Cheryl's friend from West Virginia

Shepherd's Pie (Lamb or Beef)

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

4 cups garlic mashed potatoes
1 TB tomato paste
1 TB Worcestershire Sauce
1 TB Soy sauce
(1) 14.5 oz. can chicken broth
2 tsp chopped rosemary
1 tsp thyme
½ tsp garlic salt
Salt and pepper to taste
3 TB flour
½ cup string beans or lima beans
1-2 TB EVOO
1-1/2 lbs. ground lamb or beef
1 cup onion
2 gloves garlic, minced
½ cup diced carrots
½ cup fresh corn off the cob
½ cup English peas

You can use two cups frozen vegetable medley in place of the fresh chopped vegetables.

Preheat oven to 400 degrees. Steam carrots and string beans until tender about 5 7minutes and set aside; defrost lima beans and English peas. In large skillet brown the lamb or beef and remove extra fat. Add onions and cook until tender 5-7 minutes. Sprinkle the ground meat with the flour, stir to combine and sauté another 1-2 minutes. Stir in the tomato paste, Worcestershire sauce, soy sauce, and chicken broth. Stir to combine. Add remaining vegetables and simmer 5-7 minutes until sauce begins to thicken. Season with rosemary, thyme and salt and pepper. Pour the meat and vegetable mixture into a casserole and top with the mashed potatoes. Sprinkle with garlic salt and place casserole, uncovered on a cookie sheet in the oven. Bake 20-30 minutes until potatoes and nice and brown. Allow casserole to cool 10 minutes before serving.



Jackie and her Aunt, Nelda Burke visiting on the porch at Aunt Nelda's house
In St. Simons Island, GA.

Steak and Lamb Pie

Rosie Medlicott, South Lake Tahoe, CA.

1 sheet puffed pastry
1 egg + another yolk beaten together
½+ cup sliced mushrooms
2 TB vegetable oil
Salt and pepper to taste
Dash Worcestershire
1/8 cup flour
3-4 cups beef broth (or substitute 1-2 cups red wine)
1-1/2 lb. stew beef
½ lb. lamb stew meat
2 medium onions, diced

Preheat oven to 425 degrees. Heat vegetable oil in large skillet, brown the beef on both sides (you may need to do two batches) then set aside. Brown the lamb on both sides. Add onions and mushrooms and cook for 2-3 minutes. Return the beef to the pan and sprinkle it all with flour to coat the meet and vegetables. Add the stock to the pan, stir well and bring to a boil. Reduce heat, cover and simmer 1-1/2 hours. If the liquid evaporates too much, add more stock Remove from heat. Add salt, pepper and Worcestershire sauce and allow to cool completely. Pour mixture into your pie plate.

Roll out the pastry so it is 2" larger than you need. Carefully place pastry over the top of the pie dish. Trim and crimp the edges with your fingers and thumb. Cut several holes to release the steam. Brush the top with the beaten egg mixture and bake for 30-40 minutes until golden brown and puffed. Serve with creamy mashed potatoes to soak up the gravy.



Rosie and Michael 4-wheeling in Gardnerville, NV.

Texas Luau Burger

Janet Lundblad, Pasadena, CA.

1 lb. ground chuck
4 King Sweet Hawaiian hamburger buns
1 cupTeriyaki Sauce
1 cup BBQ sauce
Manoa or butter lettuce
4 slices pineapple
4 jalapenos, halved, seeded
4 slices goat cheddar cheese
Maui or Vidalia onion slices
8 slices hickory-smoked bacon

Heat the grill. Gently form ground chuck into 4 (3/4" thick) burger patties; each patty should be about 4" in diameter. Chill burgers on a wax paper lined plate, covered, until ready to grill. Combine the Teriyaki and BBQ sauces together.

Grill buns cut-side down, until grill marks appear, 20 seconds to a minute. Brush the cut sides of the buns with teriyaki BBQ sauce and remove from grill.

Place patties, bacon, pineapple slices and jalapenos on the grill, brushing them with teriyaki BBQ sauce. When each is done on one side (timing will vary depending on the item; the burgers will be ready after about 5 minutes), flip over and continue cooking, brushing the other side with teriyaki BBQ sauce. Place a slice of goat cheddar cheese on each patty. Close grill and continue to cook just until the cheese melts, 1-2 minutes. Serve burgers in the toasted buns, topped with 2 slices of crisp bacon and 1 slice pineapple garnishing (if desired) with lettuce, onion and additional teriyaki BBQ sauce on the side. Danged good!!!



Janet in Sicily, Italy

Vegan Sloppy Joes

Karen Webster, Cofounder, Healthy Seminarians, Decatur, GA.

1 TB EVOO
1 medium onion, diced
1 green bell pepper, diced
2 tsp chili powder
1-1/2 tsp garlic powder
1¼ cups TVP (textured vegetable protein)
1-1/2 cups water
¾ cup ketchup
1 TB soy sauce
½ tsp dry mustard
Salt and pepper to taste
Soft sandwich buns

In a medium saucepan, Sauté pepper and onion in oil until onion is translucent. Stir in chili powder, garlic and mustard. Add TVP, water ketchup and soy sauce. Stir well. Cover and bring to a boil. Reduce heat, simmering for about 20 minutes, covered. Remove the id and simmer for 5 minutes more, stirring frequently until most of the liquid has evaporated. Season with salt and pepper to taste. Serve hot on toasted sandwich buns, with onion slices and nutritional yeast, if desired.



Karen, modeling a Sari in India 2018

Wiener Schnitzel (breaded veal cutlet)

Jan Dappen, Ellijay, GA.

RJ's favorite German meal was Wiener Schnitzel with gravy, spaetzel and Brussels sprouts. Sprinkle Green German seasoning (powdered Hidden Valley Ranch Dressing mix) on the schnitzel and Brussels sprouts.

(4) 6 oz. veal cutlets
Flour for coating
1 tsp paprika
1 egg, beaten
1 tsp parsley, minced
2 cups breadcrumbs
¼ tsp nutmeg
½ cup milk
6 TB Butter
Juice of 1 lemon
Salt and pepper to taste

Pound the meat very thin. Lightly dredge each cutlet with flour. Combine 2 TB flour, 2 cups breadcrumbs, parsley, seasonings. Dip floured cutlets into egg and milk mixture, then dip into dry flour ingredients again before you fry in butter or oil. Clarified butter is best. Drain on paper towels and serve immediately with lemon slices.



Stephi with Santa!!!!

Vegetables & Sides

Baked Rice with Slow-Roasted Tomatoes and Garlic

Janet Lundblad, Pasadena, CA.

1-3/4 lbs. cherry tomatoes
12 large garlic cloves
4 shallots, cut into 1¼" pieces
1¼ cups cilantro stems, cut to ½"
3 TB fresh thyme leaves
4 small cinnamon sticks as needed
7 TB EVOO
1-1/2 cups basmati rice
2-1/2 cups boiling water
½ cup cilantro leaves, chopped
1 tsp fine sea salt, more

Heat oven to 350 degrees. In an 8X12" casserole dish, toss together the tomatoes, garlic, cilantro stems, thyme, cinnamon sticks, ½ tsp salt and pepper to taste. Pour EVOO over everything, then bake until vegetables are soft, about 1 hour. Remove from oven and increase oven to 450 degrees.

Without stirring anything, sprinkle rice evenly over vegetables. Top with remaining ½ tsp salt and plenty of black pepper. Carefully pour boiling water over rice, then cover dish tightly with foil and bake for 25 minutes, until rice is cooed. Remove from oven and set aside for 10 minutes, still covered. Remove foil, gently stir in cilantro leaves, taste and add more salt if needed, and serve.



Janet travels light from Pasadena to Carmel!

Broccoli Casserole

Brittany Carroll, Roswell, GA.

20 oz Broccoli, par boiled
2 TB melted Butter
1 TB Soy Sauce
Salt and Pepper to taste
2 eggs lightly beaten
Ritz Crackers, Crumbled
1 cup mayonnaise
1 can broccoli soup
1 cup grated sharp cheddar, divided

Preheat oven to 350 degrees. Combine broccoli, mayo, soup, half the cheese and eggs. Mix in soy sauce, salt and pepper and pour into baking dish. Sprinkle top with extra cheese, then a layer of crumbled Ritz crackers, then pour melted butter over the top. Bake 35 minutes until topping is brown and sizzling.



Brittany and her two sons are friends of Jackie's from
New Community Church in Roswell, GA

Cranberry Sauce Two Ways

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

Cranberry Conserve:

1 12-oz. bag of cranberries
1-3/4 cups sugar
1 tart apple (like Granny Smith)
1 orange, zested and juiced
1 lemon, zested and juiced
¾ cup raisins
¾ cup chopped pecans

Cook the cranberries with sugar and 1 cup of water on low about 5 minutes until the skins begin to split. Mash them up a bit the back of a spoon. Add the apples and juices and cook another 15 minutes. Remove from the heat and add the raisins and nuts. Let cook and serve chilled.

Spirited Cranberry Sauce:

2 cups sugar
1 cup chopped pecans
1 cups raisins
¼ cup Grand Marnier ½ cup Port
4 cups cranberries

Cook the cranberries with the port, sugar and ¾ cups water. Bring to a boil and cook on medium 8-10 minutes until the skins begin to split. Remove from the heat, cool and pulse a few times in the food processor until almost pureed. Stir in orange liqueur, nuts and raisins. Serve chilled.



Denna Drive Group Home Visit: Karen, Lynn, Cheryl, Vonda, Jackie and Becky

Ethiopian Cabbage

Roza Hussen, R.N., D. Scott Hudgens Nursing Facility,
Annandale Village, Suwanee, GA.

4 TB EVOO
1 red onion thinly sliced
3 carrots, thinly sliced
½ cabbage shredded
1 TB ginger, minced
½ tsp turmeric
1 tsp sea salt
½ tsp freshly ground pepper
½ cup cumin
1 TB garlic, minced
4 potatoes, peeled and diced

Heat oil in a skillet over medium heat. Add red onion and stir 5 minutes. Add carrots, stir and cook 10 minutes. Add salt and pepper, cumin and turmeric; stir to combine. Add shredded cabbage and cook 10 minutes. Add garlic and ginger, stir to combine, then add potatoes, mix well, cover and reduce heat to medium low. Cook, covered until potatoes are tender, about 20-25 minutes. Serve immediately.



Roza Hussen, R.N., D. Scott Hudgens Center for Skilled Nursing, Annandale Village

Fiery Sweet Potatoes

Janet Lundblad, Pasadena, CA.

5 lbs. sweet potatoes
1 cup coconut milk
1 TB Thai red chili paste
½ cup dark brown sugar
¾ cup chopped pecans
4 TB unsalted butter
1 tsp salt
¾ cup chopped scallions
½ cup chopped, crystallized ginger

Heat oven to 375 degrees. Bake potatoes until very soft, about 1 hour, 15 minutes. When cool enough to handle, peel and mash to desired consistency. Add scallions.
In small saucepan, heat coconut milk with curry paste over low heat. Mix coconut milk mixture, half the sugar and half the butter and salt into the potatoes. Keep warm until ready to serve or cover and refrigerate up to 2 days.
Shortly before serving, heat oven to 425 degrees. Put potatoes into baking dish, cover with foil and bake 20 minutes. Remove and dot with remaining butter, brown sugar, ginger and pecans. Broil until brown and crusty. Serve immediately.



Janet and Lynn at dinner for Janet's birthday in Sierra Madre CA

Fifteen Minute Cauliflower Fried Rice

Rosie Medlicott, South Lake Tahoe, CA.

1 medium head of cauliflower
2 TB sesame oil
1 large carrot, diced
6 green onions, sliced
Toasted sesame seeds for garnish
2 beaten eggs, or tofu
3 TB soy sauce, or tamari
2 cloves garlic, minced
1 cup frozen edamame

For the Sauce:

Equal parts soy sauce, honey, sesame oil and oyster sauce. Mix well to combine. Set aside until ready to serve.

Shred cauliflower on largest side of grater OR pulse rough cut pieces in food processor; end product should resemble small grains of rice. Heat 1 TB sesame oil in large skillet over medium low heat. Add carrots and garlic and stir fry until fragrant, about 5 minutes. Add cauliflower, edamame, and remaining sesame oil to the pan; stir fry quickly to cook the cauliflower to a soft but not mushy texture. Make a well in the middle, turn the heat down, and add the eggs. Stir gently and continuously until the eggs are fully cooked. Stir in the soy sauce and green onions just before serving. Place mixture on platter and drizzle with sauce and top with toasted sesame seeds.



Rosie and Michael in Hawaii

Green Beans with Caramelized Shallots

Jann Bellamy, Tallahassee, FL.

Serves: 8 – 10

2 lbs. haricots verts, trimmed
Salt
2 TB red wine vinegar
Freshly ground pepper
1 lb. shallots, quartered lengthwise
3 TB butter
1 TB light brown sugar

Cook green beans in boiling, salted water until crisp-tender, 3-4 minutes. Drain and immediately put into ice water to stop cooking. Drain again.

Melt butter and brown sugar with EVOO in large skillet over medium-high heat. Add shallots and sauté 2 minutes. Reduce heat to medium low; add vinegar. Sauté 10 minutes or until shallots are golden brown and tender.

Increase heat to medium high and add green beans. Sauté 5 minutes or until heated through. Add salt and pepper to taste.



Rosemarie with her daughters, Patty Coulter and Jann Bellamy
at the Grove Park inn, Asheville, NC

Grilled Corn with Pimento Cheese Butter
Lisa Hellod, Stateline, Lake Tahoe, NV.

12 ears of Corn
2 TB vegetable oil
1 4-oz. diced, drained pimentos
½ cup butter, softened
¼ cup mayo
1 tsp garlic powder
8 oz. sharp cheddar, shredded
fresh chopped chives
Salt and Pepper

Peel back husks of corn leaving attached at bottom and remove silks. Tie husks over the corn with kitchen twine. Rinse and dry. Brush with oil and sprinkle with salt and pepper.

Grill on rack of covered grill directly over medium heat 12-15 minutes turning to brown.

In medium bowl stir together pimentos, butter, mayonnaise garlic powder and cheese. Top each ear with butter mixture and sprinkle with chives.



Lisa and Dave Hellod, with Lynn and Doug, leaving the Grand Canyon, 2019

Grilled Mediterranean Vegetables with Tzatziki Sauce

Lynn Brantley, Glenbrook Lake Tahoe, NV

For the Vegetables:

2 whole bell pepper, in 1" strips
6-8 Carrots, sliced lengthwise (Multi-colored if available)
4-6 zucchini, sliced ¼" lengthwise
1-2 TB EVOO
Generous sprinkle seasoned garlic salt

Toss vegetables in EVOO to coat, sprinkle with garlic salt and toss again. Light grill to high but leave the lid open. Grill vegetables turning often to get black lines, but only cook vegetables until crisp-tender. You don't want them to be droopy, so guests can still dip them into the sauce. If too droopy (they still taste great!) just use small forks and plates.

For the Tzatziki Sauce:

1 cucumber, peeled, seeded, grated
1 TB+ fresh chopped mint
1 TB+ Mayonnaise
1-2 cloves garlic, minced
½ tsp+ salt
1 tsp oregano
1 cup plain Greek Yogurt
1+ TB EVOO
1 tsp fresh squeezed lemon juice

Grate cucumber on large-sized grater holes. Add salt and allow to drain in colander over bowl or sink, half hour. Squeeze dry with paper towels. Combine all ingredients and let sit in refrigerator at least an hour for flavors to meld. Taste for balance and serve. Keeps in refrigerator several days. Can be made ahead.



Jackie's birthday party with friends from church,
Dawn Summers with daughter, Natalie

Haricot Verts Casserole

Janet Lundblad (from Saveur), Pasadena, CA.

2½ lbs haricots verts, (green beans)
8 sprigs thyme
2 cloves garlic, smashed
1½ sherry vinegar
3 shallots, thinly sliced
½ cup flour
1¾ cups heavy cream
Kosher salt and freshly ground
Fresh ground pepper
2 cups canola oil
12 oz. white mushrooms, sliced ¼"

Cook haricots verts in large saucepan of boiling, salted water until crisp-tender, about 2-3 minutes. Drain and transfer to ice bath. Drain and pat dry with paper towels. Transfer to large bowl

Add 3 TB oil to pan; heat over medium-high heat. Cook mushrooms until browned, about 8-10 minutes. Add cream, thyme, and garlic, and reduce heat to medium; cook, stirring occasionally, until cream is reduced by half, about 8-10 minutes. Let cool slightly and discard thyme; transfer to a blender. Add vinegar, salt and pepper; puree into smooth sauce. Transfer to bowl with haricots verts; toss to combine and spread into a 9X13" baking dish.

Heat oven to 400 degrees. Wipe pan clean and add remaining oil; heat until deep-fry thermometer reads 300 degrees. Toss shallots in flour and, working in batches, fry until golden and crisp. Drain on paper towels and season with salt. Cook Casserole about 20 minutes, scatter the onions rings on top and cook another 15 minutes until golden and bubbly.



Janet's Birthday, 2019 in Carmel, CA.

Hasselback Sweet Potatoes, Two Ways

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

Sweet, Traditional Hasselbacks:

4 sweet potatoes½ tsp kosher salt
½ tsp dried chili pepper flakes
¼ tsp freshly ground pepper
2 TB butter, melted
2 TB chopped, toasted pecans
1 TB fresh chopped parsley
2 TB honey
2 TB Dijon mustard
1 TB freshly chopped rosemary
½ tsp ground cinnamon
¼ tsp freshly grated nutmeg

Preheat oven to 375 degrees. In small mixing bowl add honey through black pepper and stir to combine.

Wash potatoes and if necessary remove some flesh from bottom to make them sit flat. Place chopstick on either length of potato and with sharp knife, thinly slice potatoes without going all the way through. Spoon honey mixture over potatoes and push between slices. Place in baking dish, baste with melted butter and cover with foil.



Jackie's Extra Mile 5K Team 2018!

Bake for 60-75 minutes. About 15 minutes before potatoes are done, baste again with butter and liquid that has accumulated at bottom of pan. Sprinkle with pecans and resume cooking. To serve, drizzle again with cooking liquid, melted butter and garnish with parsley.

Spicy Hasselbacks with Chipotle Cream:

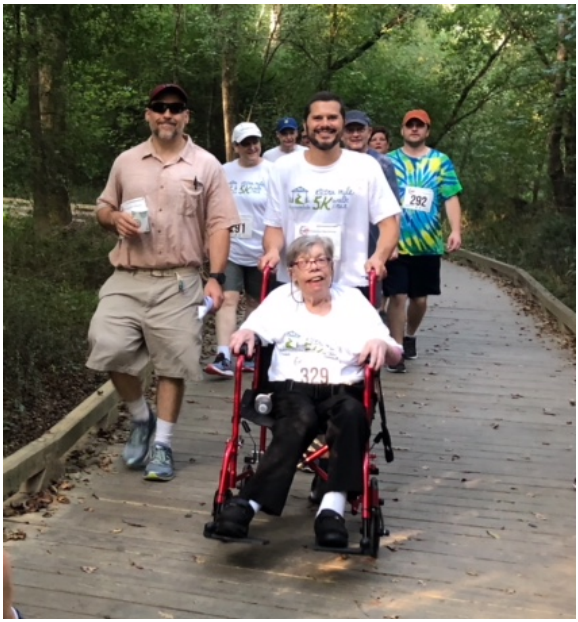
4 potatoes
1 TB EVOO
¼ tsp salt
½ cup sliced green onions
¼ cup freshly chopped cilantro
Mexican grated 4-cheese
¼ cup Mexican or sour cream
1-2 tsp adobo sauce*
4 TB butter, melted
3 TB maple syrup, divided
½ tsp chili powder
½ tsp cumin

* From a can of Chipotle peppers, bottled Adobo or home made.

In a mixing bowl combine butter, 1-1/2 TB salt, syrup, chili powder and cumin and stir to combine. Prepare potatoes as above using spicy butter mixture to baste. Continue to bake as above.

In the meantime, in a small bowl combine Mexican/sour cream, adobo sauce and syrup; stir to combine. 15 minutes before potatoes are done, do a final baste, top with Mexican cheese and continue baking.

To serve, drizzle with Chipotle cream, top with green onions, cilantro and extra cheese.



Jackie at the Extra Mile 5K with Travis Webster and Pastor Dave Bryan

June's Delicious Mexican Quinoa

June Denny, Nutritionist, South Lake Tahoe, CA.

1 onion, chopped
1 jalapeno, chopped
EVOO
Sand and pepper to taste
1 cup quinoa
1 can corn, drained
1 can black beans, rinsed, drained
1 can fire roasted, diced tomatoes
½ tsp cumin
1 tsp chili powder
2 cups vegetable broth
2 avocados chopped
1 bunch cilantro leaves

Sauté onion and jalapeno in a small amount of EVOO. Add next 9 ingredients (through vegetable broth), and cook on low for 20 minutes. Serve with fresh avocado and cilantro.



Folks dancing and having fun at Annandale's Annual Jazzy Thing, April 2019

June's Sherry Roasted Root Vegetables

June Denny, Nutritionist, South Lake Tahoe, NV.

3-4 carrots, cut into ½" slices
3-4 parsnips, cut into ½" slices
6 shallots, quartered
6 red onions cut into 1" cubes
3-4 beets cut into 1" cubes
16 oz. white mushrooms quartered
Cooking Spray
¼ cup sherry
2 TB EVOO
1-1/2 tsp salt
1 tsp each thyme & rosemary
½ tsp garlic powder
Pepper to taste

Preheat oven to 425 degrees.

Combine all ingredients except cooking spray in a large bowl; toss well to coat. Place vegetable mixture in a roasting pan coated with cooking spray or parchment paper making sure each vegetable is in a single layer and not overcrowded. Bake at 425 degrees for 30-45 minutes turning vegetables occasionally.



Cheryl, Lynn and Jackie at Lake Tahoe, 2011

Mashed Cauliflower

Douglas Tuttle, Glenbrook, Lake Tahoe, NV.

A flavorful substitute for mashed potatoes, Serves: 3-4

1 head of cauliflower
3 whole cloves garlic, cut or crushed
3 TB butter divided
6 TB cream cheese
¼ cup+ parmesan cheese
2-3 TB cup milk or ½ & ½
Salt and white pepper to taste

Cut cleaned cauliflower into florets and place into steamer. Cover and steam until just crisp tender (approximately 10-15 minutes). Drain and place in food processor.

While cauliflower is steaming, simmer whole garlic cloves in 1-2 TB butter until fragrant, but don't brown the butter or the garlic (about 3-4 minutes).

Scrape garlic and butter into a food processor along with all the remaining ingredients. Pulse until thoroughly blended and reaches desired texture. Serve immediately as a much healthier alternative to mashed potatoes.



Jackie in the hot tub at Doug and Lynn's house at Lake Tahoe

Mashed Potatoes with Spinach, Cheddar and Onions

Jackie Brantley, Annandale Village, Suwanee, GA.

½ cup butter, divided
2 cups chopped onion
4 lbs russet potatoes in 2" chunks
16-oz. spinach, wilted, chopped
Pepper to taste
1½ – 2 cups milk
8-oz. package shredded extra Sharp cheddar cheese
1½ tsp salt to taste

Melt ¼ cup butter in large skillet over medium heat. Add onions and cook 15 minutes or until very soft and lightly browned.

While onions are cooking, boil the potatoes in large pot for 15-20 minutes or until tender when pierced with a fork. Drain well and put back into pot.

While potatoes are cooking squeeze spinach to remove excess water.

Mash potatoes and while still warm, stir in remaining ¼ cup butter, 1-1/2 cups milk, cheese, spinach, salt and onions. Season with additional salt and pepper to taste. Add additional milk if needed. Return to the burner to heat up before serving. Serves 10.



Jackie at her condo in Roswell, Ga. With friends Dana Levey and Roxie

Mediterranean Lentils with Vegetables

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

2 cups lentils, rinsed
4 cups chicken broth
1 medium onion, chopped
3 carrots, chopped
2 TB EVOO
3 stalks celery, chopped
4 cloves garlic, minced
½ tsp oregano
½ tsp thyme
Fresh chopped parsley

Sauté vegetables in EVOO until crisp tender. Bring chicken broth to boil in stockpot or large sauté pan. Add lentils and spices (except fresh parsley), lower to simmer and cook until almost done, about 30 minutes. Add sautéed vegetables and continue to cook and flavors meld. Remove from heat and add fresh parsley. Serve immediately.



Jackie's Dad, Haskew and two sisters, Lynn and Sue

Oven Roasted Okra

Meka and Mary Truitt, Decatur, GA.

1 lb. whole okra, rinsed, trimmed
2 TB EVOO
1-1/4 tsp salt
pinch red pepper flakes or cayenne
¼ tsp garlic powder
¼ tsp freshly ground black pepper
1 tsp cumin

Preheat oven to 425 degrees. Line a cookie sheet with aluminum foil and spray with EVOO.

In small mixing bowl combine the dry ingredients and stir to combine. Let okra air dry completely, then place in larger bowl. Toss with EVOO and dry ingredients stirring okra several times to evenly distribute the herbs.

Spread on cookie sheet and bake about 15 minutes, then turn the okra or shake the pan so they turn over and bake another 5-10 minutes until okra is sizzling and turning brown. Serve immediately.



Christmas at Jackie's house in Johns creek – Mert brought lots of presents!

Parmesan Roasted Cauliflower

Chef Candace Lockhart, Bella Tahoe Catering, South Lake Tahoe, CA.

7 cups cauliflower florets, bite-sized
½ tsp salt
1/3 cup Parmesan cheese
½ tsp garlic powder
3-4 TB EVOO
1 cup Italian bread crumbs

Preheat oven to 425 degrees. Line large rimmed baking sheet with foil and spray liberally with nonstick cooking spray. Ser aside.

Combine the cauliflower and olive oil in a large Ziploc bag and shake to coat. Add the remaining ingredients to the bag and shake until coated, pressing slightly to help the breading stick.

Pour onto the baking sheet and spray tops of the cauliflower with cooking spray and bake for 20 minutes. Stir the cauliflower and continue to bake an additional 10 minutes. Serve hot. ENJOY!



Candace and Charley in Hawaii

Roasted Cauliflower with Squash and Pomegranate

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

Serves: 5.

1 head cauliflower cut into florets
½ tsp salt, divided
2 tsp maple syrup
½ tsp grated lemon zest
½ cup pomegranate arils
4 cups butternut squash 4" cubes
3½ TB EVOO, divided
1 tsp minced fresh rosemary
¼ tsp freshly ground pepper
3 TB lemon juice

Preheat oven to 400 degrees.

Drizzle each with 2 tsp EVOO, sprinkle with Rosemary, 1/8 tsp salt, and toss to coat. Arrange cauliflower on one cookie sheet, and butternut squash on another both in single layers. Bake cauliflower about 25 minutes, and squash about 35 minutes until tender and lightly browned. Transfer to serving bowl.

Meanwhile, whisk together maple syrup, lemon zest, pepper, remaining EVOO and remaining salt in small bowl. Add lemon mixture to vegetables and toss to coat and sprinkle with pomegranate arils (seeds).



Jackie's nephew Christopher and Kerry's Wedding, NYC, 2017

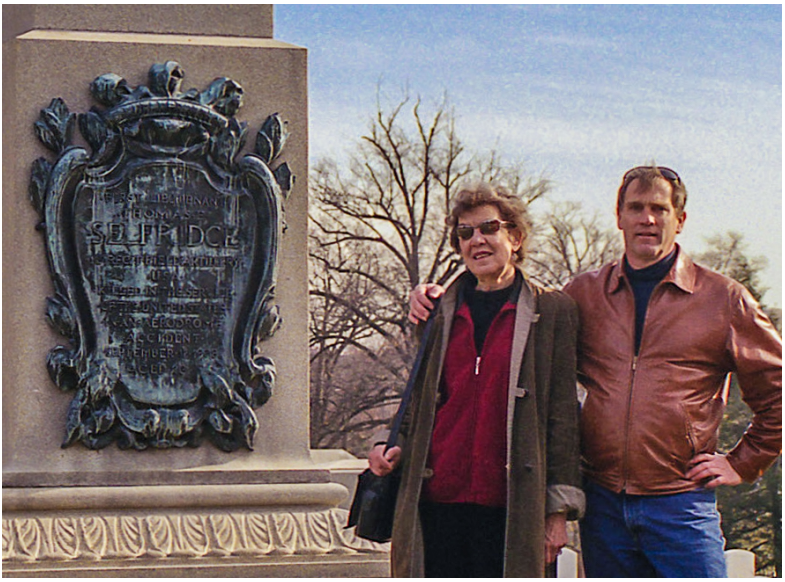
Sautéed Bok Choy

Douglas Tuttle, Glenbook, Lake Tahoe, NV.

Serves: 4

4 -6 Baby Bok Choy heads
2 medium Garlic cloves, minced
1 tsp Lime juice
¼ cup chopped Cilantro
2-3 TB neutral flavored Oil
1-2 TB grated Ginger
4 TB+ cup Ponzu sauce

With the Bok Choy remove the leaves and trim as necessary. Split Lengthwise if they are too big. Place them in a Wok or frying pan and boil them until the stems just soften. Pour off the water and add the oil, ginger, garlic and continue at medium heat the garlic and ginger should cook, but not brown. Add the Ponzu sauce and lime juice and simmer it down. Toss in the cilantro, just for few seconds, just enough for it wilt.



Doug and his mom Barbara, at her uncle, Tom Selfridge's
Arlington Memorial, 2010

Scalloped Tomatoes

Joanna McClintick and Pamela Mendelsohn, Brooklyn, NY

5 TB good Olive oil
3 cups cut up sourdough bread
4 plum tomatoes
28-oz. can plum tomatoes
1 TB minced garlic cloves
2 TB sugar
2 tsp kosher salt
¾ tsp freshly ground pepper
½ cup julienned basil packed
1 cup freshly grated Parmesan Reggiano cheese

Preheat oven to 350 degrees. Cut crust off the bread and cut into cubes. Heat 1 TB olive oil in large sauté pan and sauté bread cubes (probably in 2 batches) until brown. Cut fresh tomatoes into chunks. Cook a minute or two in olive oil (I use a second skillet), then add in the canned tomatoes, drained (but SAVE the juice). Add sugar. Cut the tomatoes into chinks and cook another couple of minutes, but not so much that they become soupy. Add the juice from the can and bread cubes and a little salt and pepper and mix well. Off heat, stir in the basil. Place the whole mixture into a shallow baking dish and add your grated Parmesan on top. Drizzle with 2 TB olive oil. Bake for 30 minutes or until top is brown and tomatoes are bubbly. Serve hot or warm.



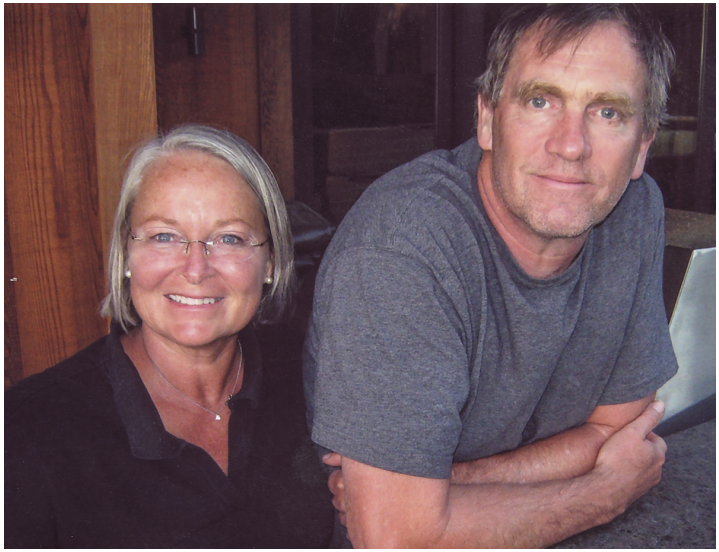
Joanna, Pamela and Julian in NYC

Southern Collard Greens

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

3 lbs. collards, cleaned and trimmed
3 32-oz boxes chicken broth
1 large ham hock
½ lb. bacon, cooked and crumbled
2 medium onions chopped
6 garlic cloves, sliced
1/3 cup apple cider vinegar
1-2 TB sugar
Pepper juice to taste
Salt and Pepper to taste

Cook bacon until crisp, set aside and crumble. Brown onions in 1 TB bacon grease and scrape up any browned bits. Add sugar and stir until sugar dissolves. Add garlic and stir until fragrant. Add ham hock, collards and chicken broth. Bring to a boil, cover and reduce heat; simmer for 2 hours. Add vinegar and crumbled bacon. Taste broth for salt and pepper and add desired amount of pepper juice.



Lynn and Doug at home at Lake Tahoe

Southern Summer Succotash

Susan Leiner, Marietta, GA.

Equal Amounts *

*** Fresh Corn off the Cob**
*** Baby Butter beans**
*** Vidalia Onions, chopped**
*** Cherry tomatoes, quartered**
Fresh chopped basil
*** Red Bell Pepper, chopped**
Half butter, half EVOO
Salt and pepper to taste
Minced garlic to taste

Heat butter and EVOO in a skillet add onions and bell pepper; sauté for 3-5 minutes. Add garlic and stir until fragrant 1-2 minutes. Add remaining vegetables, salt and pepper and stir to heat through, another 1-2 minutes. Finish with the freshly chopped basil and serve immediately.



Leiner Family, Christmas, 2018, Susan, Ashley, Emily, Drew and Chris

Spicy Chickpeas

Karen Webster, Cofounder, Healthy Seminarians, Decatur, GA.

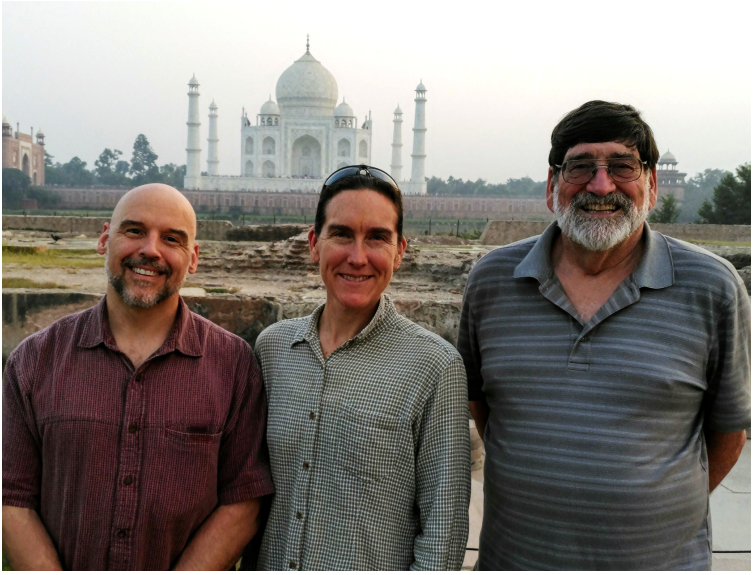
1 can chickpeas, drained, rinsed
1/2small onion, chopped
1-2 cloves garlic, minced
3-4 oz. tomato juice
2 TB Essence (below)
1 cup chopped tomatoes (Optional)

Heat a small saucepan over medium-high heat. Sauté onions in EVOO. If using tomatoes, add them now and cook until they are soft. Add chickpeas, garlic, tomato juice and essence. Cook for 5 minutes. Serve over raw spinach or throw it into the mixture in the last minute of cooking spinach until it wilts.

Essence:

2-1/2 TB paprika
2 TB salt
2 TB garlic powder
1 TB black pepper
1 TB cayenne (less if too spicy)
1 TB dried oregano
1 TB dried thyme
1 TB onion powder

Combine all ingredients thoroughly and store in airtight jar or container. Yields about 2/3 cup.



Karen with her Husband, Travis and Dad, Jim Hagan in India, 2018

Spicy, Sweet Roasted Vegetables

Lynn Brantley. Glenbrook, Lake Tahoe, NV.

5 med carrots, 1" pieces
2 small red onions in 8 wedges each
2 med red bell peppers, 1" pieces
1.5 lbs butternut squash, 1" pieces
2 TB EVOO
1 TB honey
Salt and Pepper to taste

½ tsp ground cumin
½ tsp ground coriander
½ tsp ground ginger
¼ tsp ground cinnamon
Pinch of cayenne
½ tsp chopped fresh thyme

Cover baking sheet in aluminum foil; preheat oven to 400-450 degrees (I start at 400 and end at 450). In large bowl toss all veggies in 1 TB EVOO and salt and pepper. Spread vegetables evenly on cookie sheet and place in oven for about 30 minutes, stirring halfway through.

In small bowl add all dry ingredients (Cumin – cayenne; if using dried thyme include that as well). In remaining 1 TB EVOO, heat dried spices in small skillet over medium heat until fragrant, 1-2 minutes. Remove from heat and stir in honey, fresh thyme (if using) and salt and pepper. Drizzle over vegetables on cookie sheet and toss to coat. Return to oven for a few more minutes. Serve. (***Sometimes I add sweet potatoes).



Jackie at Annandale with Ryan Brolliar, Music is Medicine, on the day of his concert at Annandale Village, Suwanee, GA.

Squash Casserole

Karen Dominy, Marietta, GA.

10 fresh squash, diced
1 medium onion, diced
½ stick butter
1 egg, beaten
1 can Cream of Mushroom Soup
1½ cups grated Cheddar cheese
1½ cups crushed Ritz Crackers

Cook squash and onions in the butter; drain off half the liquid.

Combine beaten egg and soup; add 1 cup grated cheddar cheese; save other ½ cup for topping. Spread squash and soup mixture into 9X13 inch baking dish. Sprinkle crushed Ritz crackers over the top of the casserole and top with remaining ½ cup grated cheese.

Bake at 350 degrees for 20-30 minutes until bubbly.



Karen with her sweet dog,Taco; both HUGE UGA fans.

Sweet Potatoes

Diane Taylor, Shelby, NC

Serves: 6 - 8

4 cups mashed sweet potatoes
¼ cup butter or margarine
¼ cup orange juice
½ tsp salt
2 cups mini marshmallows, divided

Combine potatoes with margarine, orange juice and salt. Whip in 1 cup Kraft mini marshmallows. Place in a 1½ quart casserole.

Bake at 350 degrees for 20 minutes. Top with additional mini marshmallows and return to oven until marshmallows are lightly browned.



Stephanie Elise Taylor lives at Annandale Village and this is her Mom, Diane

Sweet Potato Soufflé

Nancy Elkins, Lutz, FL.

For the Souffle:

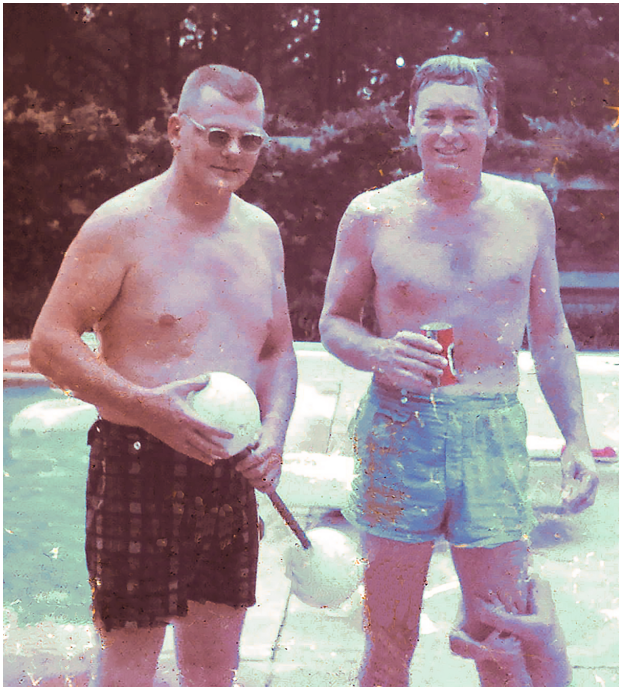
3 cups mashed sweet potatoes
1 cup sugar
½ tsp salt
2 eggs
½ stick butter
½ cup milk
1 tsp vanilla

Mix all ingredients together and pour into a greased baking dish. Cover with topping (below).

For the Topping:

1 cup brown sugar
1/3 cup flour
½ cup milk
½ stick melted butter

Mix thoroughly and sprinkle over the soufflé. Bake 35 minutes at 350 degrees; or cover top with marshmallows.



Uncle Bob Laughlin and Haskew at our house for Nancy's Wedding 1962 (that's Dave holding onto Dad's leg)

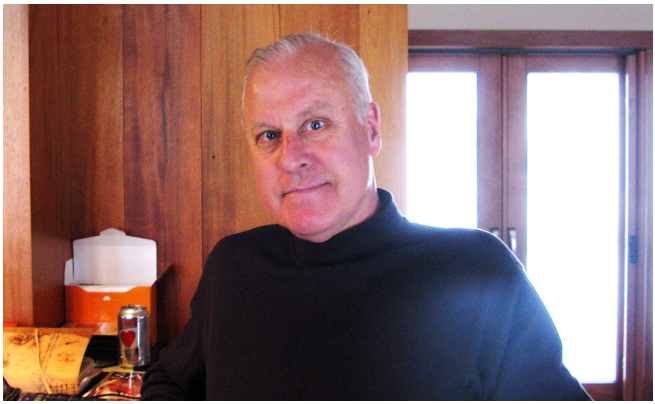
Sweet Potatoes with Crispy Rice Topping

From Food & Wine 11/2014
Janet Lundblad, Pasadena, CA.

5 lbs. medium sweet potatoes
2 cups Rice Krispies
¼ tsp baking soda
¼ tsp kosher salt
Freshly ground black pepper
Non-stick cooking spray
½ cup plus 2 TB sugar
6½ TB butter, more for serving
¼ cup heavy cream
½ tsp finely grated orange zest
1/8 tsp cayenne

Preheat oven to 350 degrees and line a large rimmed baking sheet with foil. Prick each potato all over with a fork and transfer to the baking sheet. Bake the potatoes until tender, about 1 hour; turn them over halfway through baking.

Lightly coat a large rimmed baking sheet and 2 large spoons with nonstick cooking spray. Lightly coat a large heatproof bowl with nonstick cooking spray and put the Rice Krispies in it. In a small bowl, mix the baking soda with the ¼ tsp of salt and 1/8 tsp cayenne. In a medium saucepan, combine the sugar with ½ TB butter and ¼ cup water and bring to a boil, stirring until the sugar dissolves. Boil over moderately high heat, swirling the pan occasionally, until golden caramel forms, about 7 minutes. Remove from the heat and stir in the baking soda mixture; the caramel will foam. Immediately drizzle all the hot caramel over the Rice Krispies and, using the 2 greased spoon, quickly toss to coat. Spread the topping on the prepared baking sheet in an even layer and let cool completely, then break into pieces. Scoop the sweet potato flesh into a food processor. Add remaining 6 TB of butter and the cream, orange zest and a generous pinch of cayenne and puree until smooth. Season with salt and black pepper. Transfer the sweet potatoes to a serving bowl and dollop with additional butter. Serve, passing the crispy topping at the table.



Janet's husband, Roger at Lake Tahoe

Swiss Chard and Sweet Potato Gratin

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

3 TB butter, divided
2 TB EVOO, divided
6 shallots, coarsely chopped ½"
12 oz. white or shiitake mushrooms
1-2 TB port or cooking sherry
1 TB fresh chopped thyme, divided
1½ lbs Swiss chard in 1" pieces
pinch of nutmeg
4 sweet potatoes, peeled, 1" pieces
3 cloves of garlic, minced
1-2 cups Milk
2 TB flour
Salt and pepper to taste
½ - 1 cup grated Gruyere
½ - 1 cup grated Parmesan
1-2 TB chopped Italian parsley

Preheat oven to 375 degrees.

Melt 1 TB butter and 1 TB EVOO in large skillet over medium high heat; add mushrooms, shallots, salt and pepper and cook, stirring until mushrooms have wept and liquid has evaportated. Add the port and continue to cook until most of that has evaporated. Remove from heat and add ½ TB freshly chopped thyme. Remove to large bowl.

In same skillet, place ½ TB EVOO and add chard stems and nutmeg. Cook, stirring until stems are tender; then add the leaves until they are wilted. Season with salt. Transfer to colander and squeeze out as much liquid as you can. Add to mushroom mixture.

In same skillet add remaining ½ TB EVOO and add the sweet potatoes. Cook stirring to brown sweet potatoes about 10-15 minutes. They will only be partially cooked. Add them to the mushroom mixture and stir all the vegetables to combine.

Simmer milk and garlic in a saucepan and keep warm. In a clean skillet, place 2 TB flour and slowly brown, stirring constantly. When flour has begun to brown add remaining 2 TB butter and stir into a nice brown, nutty roux. Slowly whisk in the milk and salt and pepper to taste. Whisk into nice béchamel sauce.

Spray a 9X13" Pyrex pan. Pour ½ the vegetables into the pan, pour over ½ the béchamel and sprinkle with half the cheese. Repeat.

Bake the gratin 45 minutes to an hour until bubbly and beginning to brown. Sprinkle with freshly chopped parsley. Allow gratin to rest 5-10 minutes before serving.



Annandale Village

Tomato Pie

Lisa Hellod, Stateline, NV.
from Beverly Hills Kitchen Cookbook, Alex Hitz

2 lbs. mixed heirloom tomatoes
1-1/2 tsp salt (divided)
2 TB butter
1 onion, halved, sliced thin
1 tsp minced garlic
1 cup mayonnaise
1 cup firmly packed basil leaves
1-1.5 TB ground black pepper
1 green onion, whole
1 cup grated Gruyere Cheese
1 cup grated sharp Cheddar Cheese
½ cup plus 1 TB grated Parmesan Cheese (or more)
8-oz. pkg Pillsbury Crescent Rolls
3 sprigs parsley
1 medium shallot, peeled

Slice tomatoes ¼" thick and salt both sides lightly; place on rack to drain at least 1 hour. Pat dry on both sides. Preheat oven to 375 degrees (or 350 if dark, non-stick pan).



Cumberland Island, 2019: Angela, DH, Lynn, Lisa, Doug, Bubba

Fit the crescent roll pastry in a 9X13" baking pan (or spring-form cheesecake pan). Prick all over with a fork to release steam while it cooks. Bake according to package, or about 8-10 minutes until slightly browned. Cool.

In frying pan, melt butter and sauté onions until slightly soft, then add minced garlic. Continue to sauté until onions are translucent, another 10-12 minutes.

In blender or food processor combine mayonnaise, basil, parsley, shallot and green onion. Process until mixture is green and smooth.

In mixing bowl, thoroughly mix grated gruyere, cheddar, ½ cup parmesan and mayo mixture. When pastry is cooled, spread this mixture evenly over the top of the pastry. Place sautéed onions and garlic on top, then arrange the tomato slices in pretty pattern on top. Sprinkle with remaining Parmesan cheese and black pepper. Bake pie for 50-60 minutes. Let the pie rest at least 30 minutes before cutting and serve warm or at room temperature, or cold with additional basil mayonnaise.



Lisa and Dave with Doug at Sea Island Club, February 2019

Vegetable Fritters

Jackie Brantley, Annandale Village, Suwanee, GA.

4 cups water
1 cup broccoli stems, matchstick cut
1 cup carrots matchstick cut
1 cup zucchini matchstick cut
½ cup flour
1/3 Parmesan Cheese
½ tsp salt
1/8 tsp ground black pepper
1 tsp cumin
¼ tsp garlic alt
1/8 tsp chili powder
3 TB sliced green onions
1 large egg whisked
2 TB vegetable oil

Bring 4 cups water to boil in medium saucepan. Cook broccoli, carrots and zucchini for 4 minutes, drain. Pat veggie mixture day with paper towels; roughly chop so fritter will hold together. Combine veggie mixture with flour and stir to coat. Stir in cheese, salt, pepper, cumin, garlic alt, chili powder and onions into veggie mix. Stir in whisked egg until veggie mix is evenly combined.

Heat large skillet over medium heat, add oil and swirl to coat. Form ¼ cup of veggie mixture by hand into a ball. Add ball into pan and flatten slightly with spatula; cook 304 fritters at a time. Cook 4 minutes on each side or until gold brown. Transfer to plate with paper towels to soak up excess oil. Repeat procedure until all cooked.

Avocado Yogurt Sauce:

½ cup Greek yogurt
½ medium avocado
1 tsp fresh chopped dill
1 tsp fresh chopped chives



Jackie and her friend, Becky Williams on the boat in St. Simons Island, GA.

Vegetable Israeli Couscous

Evye Szanto, Glenbrook, Lake Tahoe, NV.

1 sweet onion, chopped
1 red bell pepper, chopped
1 TB EVOO
8 oz. mushrooms, quartered
Salt and pepper to taste
1 cup Israeli couscous
2 cups chicken broth
¼ cup chopped fresh basil
Or arugula (or both)

In a skillet over medium high heat, heat EVOO, then sauté the onions until translucent. Add the bell pepper and cook until tender; then add the mushrooms. Season with salt and pepper. Cook until they release their liquid and most has been reabsorbed.

Add a cup of Israeli couscous and sauté one more minute. Add 2 cups chicken broth, bring to a boil, cover, reduce heat and simmer about 10 minutes. When almost done, add the basil and/or arugula, stir to combine and serve.



Evye and Victor at Antelope Slot Canyon, Page, Arizona, 2019

Wild Rice and Toasted Pecan Pilaf

Jann Bellamy, Talahassee, FL.

Serves: 8

1 cup pecan halves, coarse chop
3 TB unsalted butter, melted
2 TB EVOO
1½ cups wild rice
4½ cups chicken broth
1 yellow or red pepper, julienned
¾ tsp dried thyme
¼ tsp salt
1 large onion, chopped

Preheat oven to 375 degrees. Toss pecans with the butter, thyme and salt until coasted well and toast on small baking sheet for about 10 minutes, or until crisp and fragrant.

In a flameproof casserole, cook onion and bell pepper in the EVOO over moderately low heat, stirring, for about 5 minutes or until just softened. Transfer with slotted spoon to bowl. Add rice to the casserole and cook it, stirring constantly, for 1 minute. Stir in the chicken broth and salt and pepper to taste and bring to a boil. Cover and transfer carefully to the oven and bake for 40 minutes. Stir in the onion mixture and bake covered for 30 minutes more, until rice is tender and broth is absorbed. Stir in the pecans and serve.



Jann, Jackie's step-sister, hiking in Waynesville, N.C.
with brother-in-law, Chris Coulter

Desserts

Adrianne's Fabulous Carob Cupcakes

Denise LaBarre, Makawao, HI.

Cupcakes:

1 cup pureed avocado
1-1/2 cup sugar
1 cup almond milk
2 tsp vanilla extract
½ tsp balsamic vinegar
2 egg whites
2 cups flour
½ cup carob powder
1 tsp baking soda
½ tsp salt

Preheat oven to 350 degrees. Beat avocado, sugar, milk, vanilla and vinegar until smooth. Beat in egg whites just until incorporated. Add flour, carob, baking soda and salt; mix until smooth. Fill lined muffin cups and bake 15 -20 minutes. Remove to cooling rack.

Frosting:

16-oz. box of confectioner's sugar
1 stick butter, softened
1 TB vanilla extract (Optional)
¼ cup milk
2-3 TB cinnamon

While cupcakes are cooling, mix together all ingredients. When completely cooled, frost cupcakes.



Denise, her husband, David, and son, Adam at her daughter, Lea's Graduation from University of San Francisco

Apple Crisp

Joanna McClintick and Pamela Mendelsohn, Brooklyn, NY

6 tart apples (Granny Smith, Braeburn, etc.)
¼ cup sifted flour
1/8 tsp salt
7 TB butter
1/3 cup chopped walnuts (Optional)
1 cup sugar
¼ tsp ground cloves
½ tsp cinnamon
2 tsp fresh lemon juice

Preheat the oven to 350 degrees. Peel, core and slice apples into a bowl. Add ½ cup of sugar, spices and lemon juice. Mix lightly and pour into a buttered 1-1/2 quart baking pan or casserole dish (I use 8X8" baking pan). Blend remaining sugar, flour, salt and butter together to a crumbly consistency (I do this with 2 forks and a small food processor). Add nuts and sprinkle over the apple mixture. Bake 45 minutes or until apples are tender and crust is nicely browned. Serve with whipped cream, crème fraiche or ice cream.



Doug's step-mother, Jane Tuttle, with Joanna's son Julian

BB's Lazy Fruit Cobbler

Barbara Williams, Sandy Ridge, N.C.

1 cup of self-rising flour
1 cup of buttermilk
1 cup of sugar
1 stick salted butter (1/2 cup)
3 cups fresh fruit

Preheat oven to 450 degrees. Melt stick of butter in an 8X11" Pyrex pan in pre-heated oven. Put flour, buttermilk and sugar in a large bowl and mix well to make a batter. Take pan with melted butter out of the oven (do not let the butter burn) and pour the batter on top of the butter. Tilt the baking dish to make sure the batter reaches all sides. Put fresh fruit of choice (my favorite is ripe black berries) on top of the batter. Spread fruit evenly. Bake 30 minutes or until crust is golden brown.



BB visiting at Lake Tahoe

Bourbon Pecan Pie

Janet Lundblad, Pasadena, CA.

Piecrust:

2 cups all-purpose flour
1.3 cup packed light brown sugar
¾ tsp fine sea salt
1 stick + 7 TB butter, melted, cooled

In a bowl, whisk the flour with the brown sugar and salt. Stir in the butter until the dough comes together into a ball. Transfer the dough to a deep 9-inch glass or ceramic pie plate. Using your fingers, press the dough over the bottom and up the sides of the plate to the rim. Crimp the edge with your fingers or use a fork. Refrigerate for at least 20 minutes or up to 3 days.

Filling:

½ cup granulated sugar or honey
¼ cup light brown sugar
2 TB bourbon
1-1/2 TB unsalted butter, melted
1-1/2 tsp vanilla extract
1-1/2 cups can syrup, sorghum
1-1/2 tsp all purpose flour
½ tsp fine sea salt
4 large eggs
1-3/4 cups pecan halves

Meanwhile, preheat the oven to 350 degrees. In a bowl, whisk both sugars with the flour, salt and eggs until smooth, then mix in the syrup or honey. Add the bourbon, butter and vanilla and fold in the pecans. Pour the filling into the chilled crust and transfer the pie to a foil-lined baking sheet. Cover loosely with foil and bake for 1 hour, until the filling is early set. Transfer the pie to a rack and let cool completely, about 4 hours, before serving.



Janet's Husband, Roger with Doug at Baha Cantina, Carmel, CA

Cheater Baklava Cups

Lynn Brantley, Glenbrook, Lake Tahoe, NV

½ cup mixed nuts (pecans, toasted pine nuts, salted pistachios)
½ cup + 1/8 cup granulated sugar
1 TB lemon juice
1/3 cup water
¼ cup honey
30 frozen phyllo cups
1 tsp orange zest (Optional)
½ tsp ground cinnamon
1/8 tsp ground clove
1/8 tsp ground cardamom
1 tsp vanilla
3 TB unsalted melted butter

Preheat oven to 350 degrees. In small saucepan combine ½ cup sugar, 1 TB lemon juice, 1/3 cup water and ¼ cup honey. Bring to a boil stirring until sugar dissolves. Reduce heat and keep at a light boil for 4 minutes without stirring. Remove syrup from hear and cool to room temperature.

In food processor, pulse together nuts to coarsely chop. Transfer to a medium bowl and stir in the spices (and orange zest if using) to mix well. Add melted butter and stir to combine.

Arrange the phyllo cups on a cookie sheet evenly spaced. Using a small cookie scoop, drop about 2 tsp of nut mixture into each of the cups. Bake about 10 minutes.

Remove cups from oven and immediately spoon cooled syrup into the nuts adding 1 tsp to each and let the syrup soak in. Repeat with ½ tsp each until all syrup is used up. Let rest at room temperature or overnight for flavors to blend and cups will soften.

Baklava can be stored in refrigerator up to 2 weeks or frozen up to 3 months.



They will look like this.

Chocolate Chocolate Chip Bundt Cake

Jana Leiner, Smyrna, GA.

4 eggs
½ cup water
1 cup sour cream
½ cup cooking oil
1 small box of instant chocolate pudding
1 box dark chocolate or devil's food cake mix
1½ cups semi-sweet chocolate chips
Small amount powdered sugar

Preheat oven to 350 degrees.

In a large bowl, combine all ingredients except chocolate chips. Beat for 4 minutes. Fold in chocolate chips.

Pour into greased/floured Bundt pan. Bake for 50-55 minutes. Cool in the pan for about 10 minutes. Remove from the pan and sprinkle with powdered sugar.



Jana and Gary Liener with their kids, Johnathan and Lindsay

Cranberry Coconut Chews

Marilyn Miller, Santa Cruz, CA.

1½ cups softened butter
2 cups sugar
1 TB grated orange peel
2 tsp vanilla
3¼ cups flour
1 tsp baking powder
¼ tsp salt
1-1/2 cups dried cranberries
1½ cups sweetened, flaked coconut

Beat butter, sugar, orange peel and vanilla in mixer until smooth. Add dry ingredients and beat up to 5 minutes on low until dough comes together. Stir in cranberries and coconut. Make into balls and place on cookie sheet.

Bake at 350 degrees for 10 minutes.



Marilyn's Family, Ashley, Marilyn's husband, Fred, daughter and son-in-law (Doug's cousin) Gretchen and Tom, Alex and Jacob in Marina del Rey CA. Easter, 2019

Crunchy Munchies

Pilates Professional, Rose Marie Ottman, Myers, CA.

6 oz. Nestle's Butterscotch Morsels
2 TB butter
1 TB water
6 oz. package chocolate chips
½ cup sifted confectioner's sugar
½ cup Crunchy Peanut Butter
4 cups Rice Krispies

Melt butterscotch morsels with peanut butter over low heat, stirring until blended. Stir in Rice Krispies. Press half of the mixture into buttered 8" square pan. Chill. Set remainder aside. Stir chocolate chips, confectioner's sugar, butter and water over hot water in a double boiler pot until chocolate melts. Spread over chilled mixture. Top with reserved mixture. Chill. Cut into about 1-1/2" squares.

My family loved these so much we generally just doubled the above recipe using the whole package of butterscotch and chocolate ships and put it in a bigger 13X9" pan!



Rose Marie with her Gyrotonic Machine

Doug's Birthday Cake

Jennifer Maier, R.N., D. Scott Hudgens Center for Skilled Nursing,
Annandale Village, Suwanee, GA.

½ cup soft margarine
½ cup Oil
½ tsp clove
½ cup chocolate chips
2 eggs
4 TB Cocoa
½ cup sour milk ***
½ tsp cinnamon
½ tsp salt
1-3/4 cup sugar
1 tsp vanilla
1 tsp baking soda
2½ cups flour
½ tsp baking powder
2 cups zucchini julienne

Cream margarine, sugar and oil. Add eggs, vanilla and sour milk. Beat well. Stir in zucchini. Add sifted dry ingredients. Turn batter out into a greased and floured 9" x 13" pan. Sprinkle chocolate chips over the top and bake 40-50 minutes. Needs no frosting!

***NOTE: To make sour milk, add 1 tsp vinegar to regular milk.



Jennifer and her puppy Piper.

Dried Fruit Bites

Karen Webster, Cofounder, Healthy Seminarians

1 cup dried fruit (banana, fig, raisins, plums, prunes)

1 TB ground flaxseed
1 cup pitted dates
½ cup rolled oats
1 tsp vanilla extract
Dash of salt
1 tsp cinnamon
1/8 tsp nutmeg

½ cup nuts (peanuts, almonds, sunflower seeds, etc.)

Grind the nuts or seeds and dried fruit in a food processor until fine granules form. Add in remaining ingredients and process until everything is well mixed and sticks together when pinched between your fingers. (If your dates are dry or not as fresh, add in a TB of water).

Roll into balls using a heaping tsp and enjoy! Store in a container on the counter or in the fridge. Nutritional Note: Even though this recipe doesn't call for any added sugar, the bites are calorically dense. So, please enjoy them in moderation.



Karen and Travis Webster with Jackie at Annandale's Extra Mile 5K Race, 2018

Easy Key Lime Pie

Jackie Brantley, Annandale Village, Suwanee, GA.

2 graham cracker pie crusts
14-oz. can sweet condensed milk
Zest of 1 lime
16-oz. can limeade concentrate
1½ 12-oz. cartons Cool Whip

Thaw limeade. Bake graham cracker crust according to instructions on package and let cool completely.

Combine sweetened condensed milk, limeade and cool whip in a bowl, gently folding together to blend. Pour into the 2 graham cracker crusts. Let chill. Filling will become firmer as it is chilled. Top chilled pie with additional cool whip and sprinkle with lime zest. Ready to serve!



Jackie outside having a picnic at Annandale Village with nieces, Michelle and Mimi Lipson

Fairy Bread

Johno and Adrian Whant, Palm Springs, CA



If you're not from the Land Down Under, you may look askance at this adored staple of childhood birthday parties. Fairy Bread is simply sliced white bread covered in margarine and sprinkles (called "hundreds-and-thousands" by Aussies and Kiwis). For those who grew up savoring the sugary, colorful simplicity of this treat, it holds a powerful nostalgic pull.



Johno (our favorite Aussie) and Adrian (our favorite Argentinian) Whant at Doug's 60th birthday party in Carmel, CA.

Family-Approved Pie Dough

Gretchen Selfridge, Sierraville, CA.

Makes: (2) 9" individual pie shells, or one 9" double crust.

2½ cups all-purpose flour
2 tsp sugar (for sweet crusts)
1 tsp medium-grained kosher salt
ice water
1 cup unsalted butter, cold & cut up
1 egg yolk
1 tsp apple cider vinegar

In a large, wide bowl, whisk the flour with the sugar and salt. Scatter the butter over the flour. With the pads of your fingers, squish each cube of butter into thin flakes, in a motion similar to dealing cards of the top of the deck. Toss the butter into the dry ingredients as it is flattened so that it is kept coated on all sides. Once all the butter has been squashed, chill the mixture for 30 minutes.



Gretchen with Julia (Selfridge) Graham at Julia's Rehearsal Dinner

Stir the egg yolk with the vinegar in a 1-cup liquid measure, then add enough ice water to make ¼ cup. Drizzle the liquids over the flour and butter mixture, then, with a butter knife, start stirring the wet into the dry. After a few stirs, abandon the knife and use your hands or a spatula to pick up stray flour and press it into the damp pockets of sough. Continue collecting the dough together in this way pushing and smearing the mass against the bowl. This will not only incorporate the flour but also create long sheets of fat within the dough in a lazy-person's version of *fraisage,* a classic pastry technique. If the dough seems dry, stingily drip in more ice water as needed.

Once the lion's share of the flour is incorporated, fold the dough onto itself a few times, trapping any remaining flour in the folds. Cautiously pat out the dough in between each fold and shift the bowl a quarter turn so that the dough isn't always folded the same way. The dough isn't always folded the same way. The dough should be together, albeit raggedly, with visible pieces of butter.

Tip the dough onto the work surface, and shape into two rounds. Wrap each with plastic wrap. Once sealed press firmly, so that the film is good and tight and looks like a fat disc. Place in refrigerator for an hour or up to two days.

When you are ready to bake, remove one disc at a time. Roll each disc into a 12-inch round to fit a 9" pie pan with enough room to crimp edges at the rim. As you roll out the dough, check to make sure the crust isn't sticking; if it is, carefully sprinkle a little four under the dough. Each 12-inch circle will be about 1/8" thick. Carefully place the dough in your pie pan so that it is even on the bottom and up the sides. Use kitchen shears to trim extra dough to within ½" of the edge. Fill the crust with your favorite filling and bake!



Gretchen's Husband, Tom with his daughter, Julia

Fantastic Fudge

Denise LaBarre, Makawao, HI.

Melt Together:

4 oz. unsweetened chocolate (Baker's is best) **1 TB butter**

Mix Together:

4 cups confectioner's sugar
1 egg
1 cup chopped nuts (Optional)
3 TB whipping cream
¼-½ tsp salt

Fold melted chocolate into the sugar mixture and spread into the bottom of a buttered, 8" pan. Refrigerate and cut into squares.



Denise at her son, Adam's graduation from U.C. Berkeley, May, 2019

Fresh Apple Cake

Kelsey, Brett and Desa Brolliar, Truckee, CA.

4 crisp apples, peeled and chopped
1 TB fresh lemon juice
¼ tsp salt
2 Eggs
8-oz. pkg cream cheese room temp
1 stick unsalted butter, room temp
1 cup pecans, roughly chop
½ cup powdered sugar for dusting
Non-stick cooking spray
1½ cups flour
2 tsp baking powder
1 cup granulated sugar
1 tsp Vanilla extract
1 tsp almond extract

Preheat oven to 350 degrees. Place baking rack in the middle of the oven.

Coat an 8" round, spring form pan with cooking spray. Toss chopped apples with lemon juice and set aside. Sift flour, salt and baking powder into a bowl and set aside. Beat butter, sugar, cream cheese, vanilla and almond extracts until smooth. Add eggs and beat until creamy. Slowly add flour mixture to wet mixture and beat until well mixed. Fold apple chunks into the batter.

Pour ¾ of batter into spring form pan. Scatter pecans over top and then cover with remaining cake batter. Bake for 1 hour then cool in spring form pan on a wire rack for 20 minutes. Remove from spring form pan and sprinkle with powdered sugar.



Kelsey and Brett in NYC at Sardi's beofre a Broadway show

Fresh Fruit Tart

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

For the Crust:

1-1/4 cups Graham Cracker crumbs
¼ cup sugar
6 TB butter
1/3 cup toasted pecans, chopped
1/3 cup crystallized ginger, chopped

Melt the butter and stir into the other ingredients. Using a straight sided glass, press into the bottom and up the sides of a 9-10" spring-form pan. OR you can use a 12" tart pan. IF you use a 12-inch tart pan, use half the filling as it is so shallow. Bake in 350 degree oven for 6-8 minutes or until beginning to brown.

For the Filling:

(2) 8-oz. tubs of cream cheese
1 cup granulated sugar
2 tsp vanilla extract
1 vanilla bean

Mix all ingredients together until smooth and creamy and pour into completely cooled piecrust.

For the Fruit:

Slice strawberries and make a ring around the outside of the tart. Then make a concentric circle inside that with sliced kiwi. Then another concentric circle of sliced strawberries; then a mound of blackberries in the middle. Place blueberries and the "holes" around the strawberries.

For the Glaze:

4 TB strawberry, apricot or apple jelly, melted. Using a pastry brush glaze the tops of the fruit. This will make the fruit shiny and keep it fresh. Refrigerate a couple hours or overnight before serving.



Jackie and her friend, "Penny" (Penelope Forehand)

Gluten-free Brownies

Karen Webster, Cofounder, Healthy Seminarians, Decatur, Ga.

¼ cup unsalted almond butter
¼ tsp salt
2 Flax eggs*
¼ cup + 2 TB gluten free oat flour
¾ cup unsweetened cocoa powder
1 tsp pure vanilla extract
½ cup brown, cane or coconut
1/3 cup pure maple syrup
¼ cup + 2 TB melted coconut oil
½ cup vegan chocolate chips

* Real eggs are gluten free, but to make Flax Eggs : mix 2 TB ground flax + sugar, 6 TB water, whisk and let set 5 mins.

Preheat oven to 325 degrees. Line an 8" square pan with parchment paper or greased foil. Set aside. In a medium bowl, whisk together almond butter, sugar, maple syrup and melted coconut oil. Whisk until it resembles caramel. Add cocoa in ¼ cup increments, whisking until shiny and smooth. Scrape down the sides of the bowl as necessary. Whisk in vanilla and salt. Add flax eggs whisking until well incorporated.

In thirds, whisk in the oat flour. As the batter gets harder to whisk, switch to folding with a rubber spatula. Fold until well incorporated and no flour patches remain. Fold in chocolate chips. Pour batter into pan. Using a rubber spatula, smooth better into an even layer. Bake for 28-32 minutes. Mine took about 30 minutes. Cool for 1 hour, or until completely cool. Slice into 16 brownies.



Taj Mahal when Karen and Travis were in India, 2018

Good for You GIANT Gingersnaps

Beverly Niffenegger, The Old Apple Barn, High Rolls, N.M.

4 TB hot water (or rice milk)
6 TB rum
½ cup honey
½ cup coconut oil
1 cup molasses
1 tsp baking soda
4 cups spelt flour
1 tsp salt
3 tsp ground ginger
¼ tsp ground cloves
¼ tsp ground nutmeg
2 dashes allspice

In a large bowl, combine the wet ingredients. In a separate bowl, combine the dry ingredients. Add the dry ingredients to the wet ingredients and mix well. Chill the dough.

When ready to bake, preheat oven to 375 degrees and grease cookie sheets. Drop five mounds of dough onto each cookie sheet, leaving 3-4 inches between each mound. With the floured bottom of a spatula, press each mound into a 4" circle or other artistic shape, about ¼" thick.

Bake about 10 minutes. Yields (20) 4" cookies – fill the cookie jar and freeze extras. Dunk each bite in coffee/tea/milk! Enjoy, with love, Beverly



The Niffeneggers: Hunter, Beverly and Bill outside the Old Apple Barn in High Rolls, New Mexico, 2019

Hasselback Apples

Jackie Brantley, Annandale Village, Suwanee, GA.

2 apples (peeled, halved, cored)
Spray Oil
4 TB Brown sugar
6 TB melted butter, divided 2 & 4
¾ tsp cinnamon, divided
2 TB Old Fashioned oats
1 tsp flour
¼ tsp salt
Vanilla ice cream

Preheat oven to 400 degrees. Place apples cut-side down and slice almost all the way through, but not quite, 1/8" all the way down the short side of the apple.

Combine 1TB butter, 1 TB sugar, ½ tsp cinnamon. Brush the apples and try to get in between the slices as much as possible. Place apples in baking dish and cover with foil. Bake 20 minutes.

Remove the foil and bake another 10 minutes uncovered. Remove from oven and cool 10 minutes.

Combine remaining 3 TB sugar, 1-1/2 TB butter, ¼ tsp cinnamon, oats, flour and salt. Spoon over the apples and try to get in between the slices, bake another 10 minutes uncovered.

Change oven temp to broil, and broil 2 minutes or so until apples are bubbly and beginning to brown. Remove from oven, place on individual plates and top with vanilla ice cream.



Mammaw (Maggie Hicks Brantley) and Jackie

Key Lime Cookies

Alberta Daniel, Lithonia, GA.

1 cup unsalted butter
1-1/2 cups granular sugar
1 large egg
1 tsp vanilla extract
½ tsp baking powder
1 tsp baking soda
a few drops green food coloring
2¾ cups all purpose flour
1/3 cup shredded coconut*
¼ tsp lime extract
1-1/2 tsp lime zest
2 tsp lime juice

1 cup additional granulated sugar for rolling balls

* Use less sugar if the coconut is already sweetened, or to taste.

Bring butter and egg to room temperature. Preheat oven to 350 degrees. Cream butter and sugar until light and fluffy. Mix in egg, vanilla extract, lime extract, lime zest, lime juice and food coloring until smooth.

In another bowl whisk together flour, shredded coconut, baking powder and baking soda. Mix wet and dry ingredients just until well combined. Line cookie sheets with parchment paper. Scoop small amounts of cookie dough and form balls. Roll balls in additional granulated sugar and place on parchment paper. Chill in refrigerator 20 minutes. Bake about 15 minutes until cookies are firm and beginning to brown around the edges. Cool on baking racks.



Alberta ("Bertie") and Jackie in San Francisco, CA.

Lemon Bars with Oatmeal Crust

Lisa Hellod, Stateline, Lake Tahoe, NV.

Cookie Crust:

2 cups all purpose flour
1 cup oatmeal (not instant)
½ cup powdered sugar
1 cup unsalted butter, softened
1 tsp vanilla extract

Lemon Filling:

2 cups sugar
2 TB cornstarch
5 large eggs
1 TB grated lemon rind
¼ cup plus 2 TB lemon juice
2 TB butter, melted
2-4 TB powdered sugar

Preheat oven to 350 degrees. Grease a 9X13" baking dish. Combine first 5 ingredients; beat at medium speed until well blended. Pat mixture into the prepared baking dish and bake for 18 minutes until golden brown.

Combine 2 cups sugar and cornstarch. Add eggs and next 3 ingredients; beat well. Pour mixture over the warm crust. Return the dish to the oven and bake at 350 degrees for 20-25 minutes or until set. Cool completely then put I refrigerator to cull completely. Sift 2-4 TB powdered sugar on top before serving.



The Girls at Evye's: Lynn and Evye; Tara and Lisa

Lemon Butter Cookies

Maggie Hicks Brantley, Decatur, GA

1 cup butter
1½ cups granulated sugar
1 egg
2¼ cups flour
½ tsp baking powder
½ tsp kosher salt
1 tsp vanilla
zest of 2 lemons
1TB lemon juice (1 lemon)
Lemon Sugar Recipe for rolling

Lemon Sugar Recipe:

½ cup sugar
1 TB lemon zest

Preheat oven to 350 degrees. Cream together the butter and sugar until smooth. Add egg and mix well. Mix in flour, baking powder, salt vanilla, zest and juice; allow to sit about 3 minutes for flavors to develop.

Scoop the dough into small balls and roll in the lemon sugar. Place on parchment covered cookie sheet and flatten slightly. Bake 10-12 minutes and cool on rack.



Mammaw with her big-mouth bass on the farm in Repton, AL.
This was the cover of Alabama Conservation Magazine, 1970

Lemon Curd

Rosie Medlicott, South Lake Tahoe, CA.

2 tsp grated lemon zest
1-1/2 cup sugar
5 large egg yolks
½ cup fresh lemon juice
1/8 tsp salt
½ cup unsalted, melted butter

Combine zest and sugar in food processor. Pulse to mince the zest, then process until zest is as fine as sugar. Add egg yolks, lemon juice and salt and process 10 seconds. With machine running, pour in melted butter. Transfer mixture to double boiler and cook over low heat until thickened. Cook and refrigerate. Yields 3 cups.



Rosie's *Fabulous* Lemon Meringue Pie!

Lemon Dream Cheesecake

Lynn Brantley, Glenbrook, Lake Tahoe, NV.

Crust:

1-1/2 cups Ginger Snap Crumbs
6 TB butter, melted
10" spring form pan
¼ cup ginger
½ cup diced toasted pecans

Preheat oven to 350 degrees. In a small bowl combine ingredients for the crust. Press into the bottom and up the sides of the spring form pan and place in refrigerator until ready to bake.

The Cake:

4 8 oz pkgs softened cream cheese
1 cup sugar
5 eggs, slightly beaten
¼ cup lemon juice
1 TB lemon zest
1/2 cup heavy cream
2 TB flour
2-1/2 tsp vanilla extract
1 tsp lemon extract
9 drops yellow food coloring

In a large bowl, beat cream cheese and sugar until smooth. Beat in the cream, lemon juice, flour lemon zest, extracts and food coloring (if desired). Add eggs, one at a time beating thoroughly with each addition.

Place the spring form pan on a baking sheet. Pour the batter into the crust and bake for 55-65 minutes or until center is almost set. Turn off the oven, open the oven door part way and allow cake to cool in the oven for one hour. Remove to cooling rack for at least one hour. Refrigerate overnight. Bring to room temperature before serving.

Garnish:

Cut lemon in half crosswise and slice lemon circles very thinly. Take each slice and make a cut halfway across; twist into a figure-8 shape and place around the edges of the cake interspersed with small mounds of whipped cream. Sprinkle with additional lemon zest and a few mint leaves for garnish.



Jackie's cousin, Lori and Mark Falls; nephew Thomas and Mammaw

Lemon Sherbet Cupcakes with Buttercream Frosting

Gretchen Selfridge, Sierraville, CA.

Lemon Sherbet Cupcakes:

1 cup (8 oz.) salted butter, softened
2-1/2cups granulated sugar
6 large eggs
3 cups (12 oz.) all purpose flour
1 tsp baking powder
½ tsp baking soda
¼ tsp salt
1 (8-oz.) container sour cream
1 TB lemon zest
1 TB fresh lemon juice
1 tsp vanilla extract
30 paper baking cups

Preheat oven to 350 degrees. Beat 1 cup softened butter at medium speed with heavy- duty stand mixer until creamy; gradually add granulated sugar, beating until light and fluffy. Add eggs, one at a time, beating just until blended after each addition.



Gretchen and Tommy Skiing

Stir together flour, baking powder, baking soda and salt. Add flour mixture to butter mixture alternately with sour cream, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in 1 TB zest, 1 TB juice, and 1 tsp vanilla. Place 30 cups in 3 12-cup standard-size muffin pans; spoon ¼ cup batter into each baking cup.

Bake in preheated oven until a wooden toothpick comes out clean, 20-23 minutes. Remove from pans to wire racks and cool completely, about 20 minutes.

Frosting:

1 cup (8 oz.) salted butter, softened
3 TB lemon zest
32-oz. pkg powdered sugar
8-9 TB fresh lemon juice
1-2 drops yellow food coloring

Beat 8 oz. softened butter and 3 TB lemon zest at medium speed until creamy, 1-2 minutes. Gradually add powdered sugar alternately with 8 TB lemon juice, beating at low speed until blended after each addition. Add up to 1 TB lemon juice, 1 tsp at a time beating until desired consistency is reached. Add food coloring and beat at high speed until well blended and frosting is light and fluffy another 1-2 minutes. Spoon frosting into Ziploc bag. Snip 1 corner of bad to make a small hole. Pipe 1-1/2 TB frosting onto each cupcake.

Lime Sherbet Cupcakes:

Substitute lime zest for lemon zest and fresh lime juice for lemon juice. For frosting, substitute fresh lime juice for lemon juice, and 1-2 drops green food coloring for yellow.

Orange Sherbet Cupcakes:

Substitute orange zest for lemon zest and fresh orange juice for lemon juice. For frosting, substitute orange zest for lemon zest and 1 TB lemon juice and 7-8 TB fresh orange juice in place of 8-9 TB lemon juice. Substitute 1 drop red food coloring for yellow.



Tommy and Gretchen

Mango Flan

Rosie Medlicott, South Lake Tahoe, CA.

For the Caramel:

1 cup sugar
¼ cup water
3 TB Maple syrup

Heat oven to 350 degrees. In a saucepan mix sugar, water and maple syrup to make caramel, stirring until smooth, thickened and nice golden brown color. Pour into flan container (I used a Bundt pan).

For the Flan:

1 can sweetened condensed milk
1 can evaporated milk
1 TB vanilla
1-1/2 cups cubed, ripe mango
8 oz. cream cheese
5 eggs

Blend flan ingredients and pour over the caramel into flan container. Bake 45 minutes in a water bath reaching about an inch deep. Refrigerate for 3 hours.

For the Topping:

¼ cup brown sugar or Panela (A solid form of Cane Sugar from Mexico)
3 TB butter
1 cup cubed, ripe mango

In saucepan over medium heat, cook sugar and butter, stirring constantly. Add cubed fresh mango and the cinnamon until the mango is caramelized. Unmold the flan and pour the topping over. Serve immediately.



Rosie made a lunch with Steamed Mussels and Mango Flan – YUM!

Melting Moments

Marilyn Miller, Santa Cruz, CA.

Cookies:

1 cup softened butter
1/3 cup powdered sugar
1 TB lemon juice
2/3 cup cornstarch
1 cup flour

Cream the butter together with sugar and juice. Sift cornstarch & flour together and mix into the butter.

Drop by small teaspoonfuls on cookie sheet. Bake at 350 degrees for 15 minutes (until lightly browned). Cool and then frost.

Frosting:

2 TB softened butter
1-1/2 cups powdered sugar
2 TB lemon juice
1 TB lemon grated lemon peel

Mix together and spread on cookies.



Marilyn's daughter, Gretchen with her husband, Tom Selfridge

Nutmeg Logs

Marilyn Miller, Santa Cruz, CA.

Cookies:

1 cup softened butter
¾ cup sugar
1 egg
2 tsp vanilla
1 tsp nutmeg
3 cups flour

Cream butter and sugar together. Add egg. Add other ingredients and mix thoroughly.

On lightly floured board, shape pieces of dough into long logs about ½" in diameter. Cut into 3" lengths and place on baking sheet. Bake at 350 degrees for 10-12 minutes until light brown. Cool and frost.

Frosting:

1½ TB butter, softened
¼ tsp vanilla
1½ cups powdered sugar
2 TB cream or milk

Cream together all ingredients and frost the cookies. Decorate them colored sugars if desired.



Marilyn and Fred Miller on the beach in Santa Cruz

Pineapple Dump Cake

Karen Dominy, Marietta, GA.

For the Cake:

2 cups all-purpose flour
20-oz. can crushed pineapple
½ cup chopped walnuts
2 tsp baking soda
2 cups sugar
2 eggs

Mix together all ingredients and bake in greased rectangular pan at 350 degrees for 45 minutes.

For the Topping:

8 oz. cream cheese
¼ cup butter at room temp
1-3/4 cup powdered sugar
1 tsp vanilla

Mix together all ingredients and top the cake while hot. Serve warm. Yummy!



Karen at Canoe Restaurant in Atlanta, GA.

Plum Tart

Janet Lundblad, Pasadena, CA.

7 TB cold butter, sliced in ½" cubes
1 cup flour, plus more for baking
½ cup plus 2 TB sugar
1 tsp baking powder
¼ tsp kosher salt
6 TB milk
½ tsp vanilla extract
1 egg
1 lb. Italian plums or other firm plums, pitted and cut into eighths
½ tsp ground cinnamon

Heat oven to 400 degrees. Grease an 8X8" baking dish with butter and dust with four; set aside. Whisk together flour, 2 TN sugar, baking powder and salt in a medium bowl. Add 4 TB chilled butter and rub into flour mixture until pea-sized pieces form. Mix together milk, vanilla and egg in a small bowl; add to flour mixture and stir wit a wooden spoon until just combined.

Transfer dough to prepared baking dish and spread over the bottom of the dish; arrange plum slices in rows on top of the dough. Combine remaining sugar and cinnamon and sprinkle over the plums. Melt remaining butter and drizzle over plums. Bake until browned and bubbly, about 30 minutes. Let cool slightly before slicing and serving. Great a la mode.



Janet's husband, Roger, his brother, Jim and Jim's kids, Julia, Kathy and Lawrence

Skuma Pepparkakor (Sliced Ginger Snaps)

Maria Hjelm, Walnut Creek, CA

1 cup almonds, blanched, chopped
1 cup butter, room temperature
¼ cup sugar
¼ cup molasses
4 tsp ground ginger
4 tsp ground cinnamon
4 tsp ground nutmeg
4 tsp cardamom
2 tsp ground cloves
1 tsp ground, black pepper
Zest or 1 orange
1 tsp baking soda
2½cups flour

Chop the almonds ad set aside. Cream the butter, sugar, molasses, then mix in the spices and orange zest until blended. Mix the baking soda with the flour, then add to the wet ingredients. Work the dough together (it will be quite sticky). Form the dough into cylinders, about 12 inches long and wrap in parchment paper or a tea towel. Refrigerate for at least 30 minutes. (Note: the dough lasts for a few days in the refrigerator so if you don't get around to baking them right away it's totally fine).

Cut dough into thin slices. Line cookie sheet with parchment. Place the slices on the parchment paper and bake at 365 degrees for 10-12 minutes. The cookies don't spread out very much, so you can put them pretty close to each other.



Maria, her husband, Ted, son Jakob, daughter, Maya, son, Ethan and Ted's mom, Evie Michon

Steamed Pumpkin Pudding with Hard Sauce

Joanne Stockman, Glenbrook, Lake Tahoe, NV.

For the Puddings:

2 TB unsalted butter, melted
8 TB at room temperature
1-1/2 cups all-purpose flour
1 tsp baking soda
1 tsp kosher salt
½ tsp freshly grated nutmeg
¼ tsp ground coriander
1 cup sugar
2 large eggs
1 large egg yolk
1 TB vanilla extract
1 cup pumpkin puree
1 cup buttermilk

Heat the oven to 350 degrees. Brush the insides of (6) 6-oz. ramekins with melted butter and refrigerate to set butter about 5 minutes. In medium bowl whisk together flour, baking soda, salt, cinnamon, nutmeg and coriander.



Joanne, Barb Macay, Barb and Carol Coates on Grand Canyon Trip

In large bowl or standing mixer, beat 8 TB butter and sugar on high speed until light and fluffy. Add eggs one at a time, followed by yolk and vanilla, beating well and scraping down the sides of bowl after each addition. Beat in pumpkin puree and scrape down bowl. Add flour mixture in thirds, alternating with buttermilk, beating each time only until batter is smooth.

Divide batter among ramekins, keeping rims clean. Tap gently on counter to remove any air bubbles.

In lidded Dutch oven large enough to hold ramekins, arrange ramekins and pour enough very hot tap water into baking dish to come halfway up the sides of ramekins. Cover baking dish tightly with lid. Bake 30-40 minutes until toothpick comes out clean. Remove lid and let puddings cool in water bath for 20 minutes.

For the Hard Sauce:

8 TB unsalted butter at room temp
1½ cup confectioner's sugar
2 pinches of nutmeg
4-6 tsp fine dark rum

In medium bowl, beat butter with mixer set to high speed until fluffy, reduce speed to low and add confectioner's sugar. When sugar in incorporated, increase speed to high, and beat until light and fluffy. Add nutmeg and rum and beat a few more seconds.

Invert ramekins on serving dish and garnish with hard sauce (you can add toasted pumpkin seeds if you have a mind to).

Swedish Apple Pie

Gretchen Selfridge, Sierraville, CA.

5-6 medium crisp apples (e.g., granny smith work well) – peel, core, slice.
1 TB sugar **1 TB Cinnamon**
½ cup butter (1 stick), melted **1 cup flour**
1 cup sugar **1 egg**

Fill 9 or 10" pie pan 2/3 full. Mix ingredients together. Pour and press over the apples. Bake at 350 degrees for 45-50 minutes until golden.

Good warm or cold and especially good served with vanilla ice cream or whipped cream.



Gretchen's granddaughter, Desa, Easter 2018

Tomato Soup Cake by Marian Medlicott

Submitted by her daughter-in-law, Rosie Medlicott, South Lake Tahoe, CA.

For the Cake:

2 cups flour
1 cup sugar
½ tsp baking soda
2 tsp baking powder
½ tsp salt
2 tsp nutmeg
2 tsp cinnamon
2 eggs
2/3 cup oil
1 can condensed tomato soup
½ cup raisins, soaked in brandy
½ cup walnuts
1 tsp crystallized ginger, diced
2 tsp allspice

Mix all ingredients together and bake in a greased Bundt pan at 325 degrees for 1 hour.

Philadelphia Cream Cheese Frosting:

¾ cup powdered sugar
2 TB butter½ tsp cinnamon
½ tsp vanilla
Dash of salt
1-1/2 TB milk or cream
2 oz. cream cheese

Beat cream cheese, milk (or cream) and butter until fluffy; slowly add sugar, salt, vanilla and cinnamon. This is a very good cake, I like it better than carrot cake and it is easy.



Medlicott Dome in Yosemite, CA.

Vegan Oatmeal Raisin Cookies

Karen Webster, Cofounder, Healthy Seminarians, Decatur, GA.

1 cup gluten-free oats, divided
1 tsp ground cinnamon
¼ tsp ground nutmeg
1 tsp baking powder
¼ tsp fine sea salt
½ cup no-salt cashew butter
1 tsp pure vanilla extract
1 cup raisins, divided

Preheat oven to 350 degrees. Line two sheets with parchment paper. Soak ½ cup raisins in warm water for at least 10 minutes. Drain and reserve ¼ cup soaking liquid.

Pulse ¾ cup oats in a blender or food processor until finely ground and powdery. (Do not wash the food processor). In a large bowl, whisk together oat flour, baking powder, cinnamon, nutmeg and salt; set aside. Combine raisins and ¼ cup of the soaking liquid in the food processor. Pulse to chop, then puree until smooth. Add cashew butter and vanilla and puree until creamy. Add raisin mixture, remaining ½ cup whole raisins and remaining ¼ cup oats to oat mixture. Stir thoroughly until all oat flour is absorbed.

Drop heaping teaspoons of dough on prepared baking sheets, spacing cookies about 1" apart. Gently flatten each cookie with the back of a spoon. Bake until cookies are lightly browned on the bottom, 10-12 minutes. Let cookies cool on the baking sheet for 5 minutes, then transfer them to a wire rack and let cool completely. Cookies will keep in airtight container at room temperature for up to 3 days or in the freezer for up to 2 weeks.



Residential Cottage at Annandale Village

Yellow Squash Bundt Cake

Barbara Gottschalk, Gardnerville, NV.

For the Cake:

2 cups all purpose flour
1 tsp baking powder
½ tsp baking soda
½ tsp salt
3 large eggs, room temperature
2 TB lemon juice
1-1/2 cups granulated sugar
1 cup canola oil
2 cups grated yellow squash (from 2 medium 6.5-oz squash)
1 TB lemon zest

For the Lemon-Buttermilk Glaze:

2 cups unsifted powdered sugar
2 TB whole buttermilk
1 tsp lemon zest + 1 TB fresh juice (from 1 lemon)

Preheat the oven to 350 degrees. Coat 10-cup Bundt pan with baking spray. Stir together flour, baking powder, baking soda and salt in a bowl. Place eggs, sugar and oil in bowl of stand mixer fitted with a paddle attachment. Beat on medium-high speed until light and airy, about 3 minutes, stopping to scrape down sides as needed. Stir in squash lemon zest and juice. Gradually add flour mixture, beating on low speed until just combined, about 45 seconds. Pour batter into prepared pan.

Bake in preheated oven until a wooden pick inserted in center comes out clean, 50-55 minutes. Cool in pan 10 minutes. Invert onto a wire rack cool 1 hour. Whisk together all ingredients for the Glaze in a bowl until smooth. Drizzle over cooled cake.



Doug's mom, Barbara, with her niece, Susie Maino at her grandniece, Julia's wedding

Bread & Breakfast

Bacon and Leek Frittata (Crustless Quiche)

from Julia Child
Lynn Brantley, Glenbrook, Lake Tahoe NV

2 medium leeks, cleaned, chopped
6 oz. (6-7 pieces) bacon
2 TB unsalted butter
4 TB grated Parmesan cheese
2 cups half-and-half
2 large eggs
2 large egg yolks
salt and freshly ground pepper
Pinch freshly ground Nutmeg
1 cup grated Gruyere cheese

Preheat oven to 350 degrees; butter 9" pie pan with 1TB butter and sprinkle with 2 TB Parmesan cheese.
In a skillet brown the bacon, crumble and set aside. Keep 1 TB bacon drippings in pan and add remaining butter. Gently cook leeks until lightly browned – not too brown as they will be tough.
In small bowl, mix half and half, eggs, salt, pepper and nutmeg and whisk until well blended. In prepared pie pan, sprinkle half the cheese on bottom, half the leeks and repeat. Pour egg mixture over the top and top with remaining Parmesan cheese.
Place pie pan on cookie sheet and cook on middle rack 40-50 minutes until frittata is set. Let cool/rest before serving.



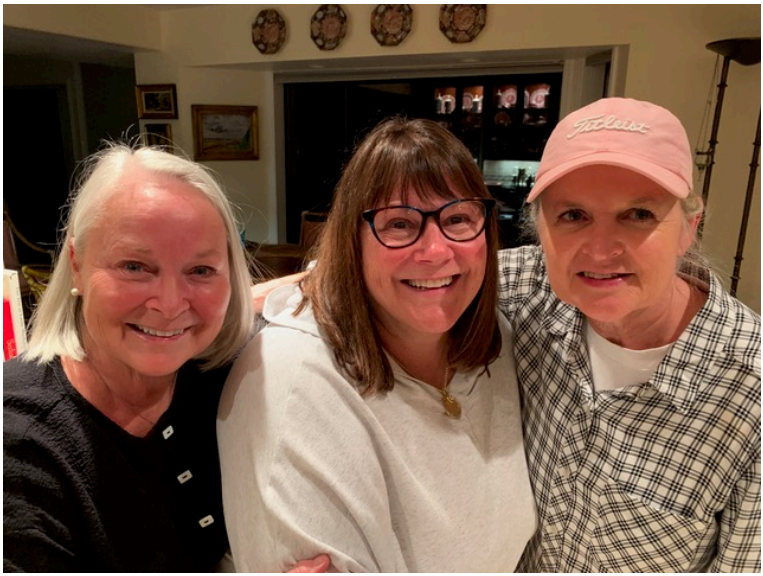
Jackie's Sisters Sue and Lynn

BB's Homemade Biscuits

Barbara Williams, Sandy Ridge, N.C.

2-1/4 cups of self-rising flour
½ cup of shortening (Crisco)
1 cup of buttermilk

Preheat oven to 450 degrees. Put flour in a large mixing bowl. Cut in shortening with a knife or pastry blender until mixture resembles coarse crumbs. Make a well in the center of the mixture and slowly stir in the buttermilk until a soft ball forms. Turn the dough out onto a lightly floured surface and knead 2-3 minutes (the less you handle the dough the better the biscuits will rise). Roll dough out to about a ½" thick rectangle. Cut biscuits out with a biscuit cutter and transfer to a greased baking sheet. Bake in the preheated oven until tops are light brown and sides begin darken, about 15 -20 minutes. Top hot biscuits with melted butter to taste.



Lynn, Lisa and BB at Lisa's house at Lake Tahoe

Chunky Applesauce with Raisins and Pecans

Jackie Brantley, Annandale Village, Suwanee, GA.

6 Apples (like Honey Crisp) peeled, cut in ½" cubes

½ tsp ground cinnamon
4 cups water
¾ cup maple syrup (sugar free OK)
½ stick of butter
2 cups raisins
2 cups toasted, chopped pecans

Boil apple cubes and cinnamon sticks on high heat in large soup pan until almost all the water has been absorbed or evaporated, you'll only have about 1 cup liquid left. Remove the cinnamon sticks and add remainder of the ingredients. Simmer on medium/low until raisins plump, flavors blend and you have about a cup of runny caramel. Keep in an airtight container in the refrigerator for a week or so.
Great to have on hand for company. Just spoon some out, microwave until hot and serve: Over Oatmeal for breakfast, over ice cream for dessert or use as stuffing in acorn or butternut squash



Jackie's mom Mimi swimming at the Sea Island Club, circa 1945-6

Cornbread

Diane Taylor, Shelby NC

1 cup cornmeal
1 cup flour
1 tsp salt
2 tsp baking powder
2 eggs
1 cup milk
2 TB melted margarine or oil
¼ cup sugar

Pre-heat the oven to 425 degrees.

Combine dry ingedients in a bowl and mix well. In another bowl, mix the wet ingredients and beat with a fork. Stir into the cornmeal mixture. Pour into a greased skillet or baking dish. Bake in preheated hot oven and bake 20-25 minutes.



Friends, Kara and Karen Werner at Annandale Village

Cranberry & Orange Biscotti

Karen Webster, Cofounder, Healthy Seminarians, Decatur, GA.

½ cup coconut oil (melted)
¾ cup organic cane sugar
½ cup pumpkin puree
1-3/4 cups white or gluten-free flour
1 cup dried cranberries
1 tsp vanilla
1-1/2 tsp baking powder
¼ tsp salt
1 TB orange zest
½ cup fine cornmeal

Preheat oven to 350 degrees. Melt coconut oil in large mixing bowl. Add organic cane sugar and whisk thoroughly to combine. Add pumpkin puree and vanilla and whisk until completely combined. Next, add flour, cornmeal, baking powder, salt and orange zest. Stir until combined, but try not to over-mix. Add cranberries and stir once more to evenly disperse.

Use a knife or spatula to divide the dough into two even sections. Then, using damp hands, form the two portions into long, semi-skinny logs. Try and make them as uniform in size and shape as possible so they bake evenly. Bake the loaves for 25-30 minutes, or until just slightly brown on the edges. Let cool slightly on the baking sheet, then use a serrated knife to gently slice into ¾"-inch slices. Be very gentle when slicing because they can crumble easily. I "discard" (eat!) the very end pieces because they are too small and will get too brown.

Gently turn the biscotti on their sides and return to the oven to bake for another 20 minutes, gently flipping once at the halfway (10 minutes) point, to ensure even baking. Let cool briefly before enjoying. Store at room temperature for 3-4 days. Will keep well-sealed in freezer for up to 1 month.



Jackie loved to fly with her Dad in his Bonanza

Crock Pot Apple Butter

Rosie Medlicott, South Lake Tahoe, CA.

12 Apples: 6 Granny Smith, 6 McIntosh peeled and cubed

¼ tsp ground clove
¼ tsp salt
(6) 8 oz. canning jars w/lids
1 tsp ground ginger
2-1/4 cups sugar
cinnamon to taste, about 6 tsp

Combine all ingredients in crockpot. Cover and cook on high for 1 hour. Reduce to low and cook for 5 hours, stirring occasionally, until apples are soft and dark golden brown. Puree in blender, then add back to crock pot. Mix well and continue to cook on low for about 30 minutes until thickened.

Spoon into hot, sterilized jars, leaving ¾" headspace. Using a knife, poke apple butter in jars to remove air bubbles. Wipe rims with wet paper towel and secure with lids and rings. Place in boiling water bath, making sure jars are covered with water by about 3". Process in boiling water bath for 15 minutes. For a slightly different taste, I tried 4 TB cinnamon and ½ tsp allspice .



Rosie in Hawaii

Custard Spinach Pie

Gretchen Selfridge, Sierraville, CA.

Pastry:

½ cup butter
1 cup flour
3 oz. cream cheese

Beat together butter and cream cheese until smooth. Add flour and form into a ball. Wrap in wax paper and chill for 30 minutes or more. Pastry can be made a day ahead. You can make crust to fit into mini muffin tine, muffin tins or 10" pie tin. You can fit the crust into the tins and freeze (with the tins) until ready to use.

Custard:

2 cups heavy cream
5 eggs
½ cup grated parmesan cheese
¼ tsp thyme
½ tsp Tabasco
¼ tsp nutmeg
1 tsp salt

Combine all ingredients and mix well. The custard can be made the night before making the next day.

Pie Filling:

3 cups cooked spinach, drained
1 TB chopped oregano
2 TB chopped fresh basil
6-8 oz. grated gruyere cheese

Combine ingredients above and place into pie crust and pour custard mixture on top if making 10" pie; or mix together and spoon into individual tarts.
Bake at 300 degrees for 20-30 minutes for the small; or 70+ minutes for the pie. Make sure you cook long enough for the crusts to be well colored.



Dad with Lynn and Jackie, Atlanta GA, 1954

Doug's Hash Browns

Douglas Tuttle, Glenbrook, Lake Tahoe NV

½ Baking Potato for each serving **2 TB Butter or oil for each potato**
Salt and Pepper

Hash Browns are a great addition to any breakfast but are a little trickier than they look. The keys are rinsing the right amount of starch off, getting them completely dry, then cooking slowly enough to brown them but also cook them through.

Grate the Potatoes using the coarse side of a cheese grater. Put the grated potatoes into a bowl with cold water, to keep them from turning brown. Drain, and refill with cold water and add salt. Stir them around and drain. Press them as dry as you can with a towel.

In a frying pan heat the oil or butter to medium, place enough potatoes to cover the bottom of the pan. Press them down and spread them evenly into a single circle with a spatula. Slide the whole thing around to keep it from sticking. A non-stick pan helps a lot, as does adding more butter or oil. Use the spatula to look at the bottom and turn it down if it's browning too fast.

Flip the whole thing over after about 10 min. or when it looks golden brown. Flip with large spatula (or toss it with the pan if you're feeling brave). If it falls apart during the flip, just push it back together. Cook the other side the same way. The outside needs to turn golden brown, but the potatoes also have to cook through. That may require flipping it couple of times.



Doug Flipping a grilled cheese sandwich, Glenbrook NV

Florida Hush Puppies

Nancy Elkins, Lutz, FL

1 cup yellow cornmeal
1 cup flour
2 tsp baking powder
2 small or medium grated onions
2 eggs, beaten
¾ cup milk

Beat batter with a wooden spoon. Drop by the teaspoonful into hot grease until golden brown. Drain on paper towels. Serve immediately.



Nancy's Grandparents, Jackie's great – grandparents, Herbert R. and Lilian May Kenaston

Gorilla Bread

Diane Taylor, Shelby NC

Serves: 12 - 15

½ cup granulated sugar
3 tsp cinnamon
½ cup (1 stick) butter
1½ cups coarse chop walnuts or toasted pecans
8-oz. package cream cheese
(2) 12-oz. cans refrigerated biscuits (10 count each)
1 cup packed brown sugar

Pre-heat the oven to 350 degrees. Spray a Bundt pan with nonstick cooking spray.

Mix the granulated sugar and cinnamon. In a saucepan, melt the butter and brown sugar over low heat, stirring well; set aside.

Cut the cream cheese into 20 equal cubes. Press the biscuits out with your fingers and sprinkle each with ½ tsp cinnamon sugar. Place a cube of cream cheese in the center of each biscuit, wrapping and sealing the dough around the cream cheese. Sprinkle ½ cup of the nuts into the bottom of the Bundt pan. Place half of the prepared biscuits in the pan. Sprinkle with cinnamon sugar, pour half of the melted butter mixture over the biscuits, and sprinkle with half the nuts. Layer the remaining biscuits on top, sprinkle with remaining cinnamon sugar, pour the remaining butter mixture over the top and sprinkle with the remaining nuts. Bake for 30 minutes. Remove from oven and cool for 5 minutes. Place a plate on top and invert.



Art by Annandale Villagers

Irish Wheaten Bread

Beth McArthur, Wellingford, CT.

1½ cups stone ground whole wheat flour
1½ cups all purpose flour
1 cup quick cooking oatmeal
3 TB flaxseed meal
½ tsp salt
½ tsp baking powder
1 tsp baking soda
2-3 TB molasses
3 TB melted butter
1-2/3 cups buttermilk
1 egg, beaten

Preheat oven to 350 degrees. Grease a loaf pan. Measure dry ingredients. Melt butter. Combine dry and wet ingredients and mix until just combined.

Pour into loaf pan. Bake for 50 minutes or until center done and pick comes out clean.

Serve with Irish butter and jam or with cheese.



"Team Jane": Joanna McClintick, Beth McArthur and Lynn Brantley helped Doug's step-mother, Jane Tuttle after a bad fall 2018

Jake's Apple Cheddar DOG Biscuits

Donna McGriff, Alpharetta, GA.

Makes 1-1/2 to 2 dozen dog cookies

2 cups brown rice flour
½ cup oatmeal
1/3 cup shredded cheddar cheese
¼ cup parmesan cheese
2 TB EVOO
1/3 cup water

Preheat oven to 350 degrees. Combine all ingredients except the water and mix well. Add just enough water to create a dough that stick together. Roll the dough out between 2 sheets of plastic wrap until about ¼" thick. Use cookie cutter to make shaped treats. Place dough on nonstick cookie sheet.
Cook for about 30 minutes. Allow the cookies to cool overnight before storing in airtight container and keep for up to 2 weeks.



Donna and Jake participated with Jackie in the 2018 Annandale Extra Mile 5K Run

Kim & Hadley's Healthy Pear & Apple Pancakes

Kim and Hadley Meek, Mill Valley, CA.

1 organic Fuji apple
1 organic Firm Bartlett Pear
Brown Rice Flour
1 organic free-range egg
Organic Coconut Oil
butter, maple syrup (Optional)

Wash and cut the pear and apple into wedges. Grate wedges, fruit side only. Leave the skins behind. Set aside.

In mixing bowl, mix together 1cup brown rice flour and one egg. Cream it all together as best as possible. Add grated fruit with the natural juices and mix together. Depending on the size of the fruit, you will most of it. Adjust as needed to you get a good consistency.

You don't want it too lumpy or too thin (gooey but not overly so). It's not a perfect science and you can play with it to your liking. The goal is to have the consistency so you taste more fruit than flour.

In non-stick pan, melt ½ tsp of coconut oil over medium heat. Once the coconut oil is melted and coating bottom of pan, spoon dollops of your pear/apple batter into the pan. You'll need a spoon or fork to pat the form the right shape. Flip when done on one side and cook the other. Since Hadley is just two, we eat them just like this! Of course, add butter and syrup for a proper pancake experience



Kim and Hadley Christmas, 2018

Mary Quartermain's Banana Tea Bread

(Recipe from NY Times Cookbook; my version follows)
Christy Quartermain, Philadelphia, PA.

1/3 cup Smart Balance
2/3 cup sugar
2 eggs
3 well mashed ripe bananas
1-3/4 cup flour
2 tsp baking powder
¼ tsp baking soda
½ tsp salt

Cream smart balance, sugar and eggs. Combine dry ingredients. Alternately add bananas and dry ingredients until well blended.

Pour into well-greased bread pan and bake at 350 degrees for 70 minutes.



Mary and her grandchildren, Riley, Ella and William

Meyer Lemon Marmalade

Rosie Medlicott, South Lake Tahoe, CA.

6 Meyer lemons
4 cups sugar
Cheese Cloth
4 cups water
Kitchen String
(6) ½ pint jars

Halve lemons crosswise and remove seeds. Tie seeds in a cheesecloth bag. Quarter each lemon half and thinly slice. Combine with bag of seeds and water in 5-quart nonreactive heavy pot and let mixture stand, covered, at room temperature 24 hours. Bring lemon mixture to a boil over moderate heat. Reduce heat and simmer, uncovered, until reduced to 4 cups, about 45 minutes. Stir in sugar and boil over moderate heat, stirring occasionally, skimming off any foam, until a tsp of mixture dropped on cold plate gels, about 15 minutes.

Ladle hot marmalade into jars, filling to within ¼" of top. Wipe rims with dampened cloth and seal jars with lids. Put jars in a water-bath canner or on a rack set in a deep pot. Add enough hot water to cover jars by 1" and bring to a boil. Boil jars, covered, 5 minutes and transfer with tongs to a rack. Cool jars completely.



Rosie and her Hula Dancing Group

Mushroom French Toast

Barbara Gottschalk, Gardnerville, NV.

Serves: 2 - 3

4 slices challah bread ½" thick
1 egg
½ cup whole milk
3 tsp chopped fresh thyme, divided
2 TB vegetable oil
8-oz pkg cremini mushrooms, sliced
3½ oz shiitake mushrooms, sliced
3 TB butter, divided
½ cup sliced onion
2½ tsp tomato paste
2½ tsp all purpose flour
¼ cup dry sherry
¾ cup vegetable broth
2 TB reduced-fat cream cheese

Preheat oven to broil. Broil challah slices on baking sheet 5 minutes, or until golden brown, turning once. Transfer to plate to cool. Meanwhile, whisk together eggs, milk and 2 tsp thyme in shallow dish; season with salt and pepper. Add toast, and soak 10 minutes, turning occasionally.

Heat oil in large skillet over medium heat. Add mushrooms and sauté 6-7 minutes, or until browned. Transfer to a bowl and set aside. Melt 2 TB butter in same skillet over medium heat. Add onion, and sauté 1-2 minutes. Stir in tomato paste and flour, cook 1 minute. Stir in broth and mushrooms; cook 2 minutes. Whisk in cream cheese and remaining 1 TB thyme; keep warm.

Heat remaining 1 TB butter in cast-iron skillet. Add bread slices, and cook 5 minutes or until golden brown, turning once. Serve each slice of toast with ¼ cup mushroom sauce.



Barbara visiting with her great-niece, Kelsey and great-great-niece, Desa

Palm Beach Biscotti

Lynne Buchanan, Marietta, GA.

1 stick butter
1 tsp vanilla
1½ cups sugar
4 large eggs
1¼ cups dried cranberries
Scant ½ tsp salt
½ tsp baking powder
3 cups pecan halves
1¾ cups flour

Adjust rack to 1/3 from bottom. Preheat @ 350 degrees. Pam 2 loaf pans (5"X9").In bowl of mixer, beat butter until soft, add vanilla, sugar and eggs (one at a time).Mix dry ingredients together, then add to bowl. Beat at low speed only until incorporated. Scrape bowl. Stir in nuts and berries. Place half batter in each pan. Smooth the tops, using the bottom of a tablespoon to form a trench down the length of each pan (to prevent high mound in the middle of each loaf). Bake on same rack 55 minutes, reversing pans after 30 minutes. Bake until toothpick comes out clean.

Remove from oven. To prevent crust, place wet paper towel (not dripping but very wet) folded in half right on top of each cake. Cover with aluminum fold down over the sides to keep the steam in. Cool completely. Remove from pan. Wrap in plastic wrap and refrigerate overnight (or freeze but freezing makes it REALLY hard to cut). Slice with sharp knife, very think (3/16" – ¼" if possible). Lay pieces in single layer on cookie sheet. (I use an electric knife). Bake at 325 degrees for 15-25 minutes, or until they begin to color. (I like them to turn a little brown). This has become a favorite of the Buchanan home. Enjoy, Lynne



Lynne Buchanan with Jackie at a Wine Auction for EnAble, 2014

Peach Jam

Lynn Brantley, Lake Tahoe, NV.

Makes: (6-8) 8-oz. jars

12 fresh peaches, peeled and diced
¼ cup+ lemon juice
1 tsp butter
4-5 kiwi peeled and diced (8 cups)
4 cups sugar

I have learned a very valuable lesson about how to get jam to set without pectin – throw in some kiwi fruit which are full of natural pectin and they will help set up any jam. They are so mild in flavor they will not interfere with the main fruit at all. It really works.

Combine diced fruit, sugar and lemon, stir and let sit for two hours to let the juices release. Bring to a boil and cook about 30-40 minutes, stirring often. There will be a fair amount of frothing. After 30-40 minutes the froth should have diminished and you can see clear jam below.

Add the butter and it will further dissipate the froth. The jam should be pretty thick by now. I use a potato masher to mash up the fruit even more. Another 5 minutes and the jam is done. Immediately spoon into your sterilized, boiling ball jars and seal.



Jackie won "The Heartbeat of Annandale Village" Award

Family Weekend, 2015

Pineapple-Ginger Jam

Dave Brantley, St. Simons Island, GA

2 fresh Pineapples or (2) 1-lb. pkgs. Fresh pineapple chunks
18-oz. crushed pineapple w/juice
6-7 cups fruit/juice (Optional)
3½ cups sugar
¼ cup fresh lime juice
3+ TB chopped, candied ginger

Chop fresh pineapple (and any accumulated juices) in food processor until ½" pieces – not too fine or it will be too mushy. Allow fruit to sit about an hour to release all its juice.

Place fresh fruit in large pan and bring to boil. Cook 20 minutes stirring often. Add crushed pineapple (and all juice) to boiling fresh fruit. Boil another 20 minutes.

Add sugar, lime juice and candied ginger. Boil another 20 minutes or until jam reaches thickened, jell point. Immediately spoon into boiling ball jars and seal immediately.





The best Pineapples come from Dave's friend, Mr. Willy's pineapple farm on the Island of Eleuthera in the Bahamas

Red Lion Inn Bran Muffins

Nancy Elkins, Lutz, FL.

1¼ cup all-purpose flour
1 TB baking powder
½ tsp salt
¾ cup sugar or honey
1½ cups bran buds
1¼ cup milk
1 egg
¼ cup vegetable oil
½ cup raisins
½ cup chopped pecans

Sift together flour, baking powder, salt and sugar. Mix bran buds and milk. Let stand about 5 minutes. Add egg and vegetable oil. Stir in dry ingredients. Add raisins and pecans. Bake at 400 degrees 18-20 minutes. Will keep in refrigerator for up to 6 weeks.



Jackie's grandfather, Hebert Laughlin, great-grandmother Lilian, and Great-grandfather, Herb Kenaston, and grandmother, Queenie

Sausage Cheese Bake

Ashley Puckett, Bethlehem, GA

1 lb pork sausage
2 cups shredded cheese
3/4 cup milk
1/8 tsp. pepper
8 oz refrigerated crescent rolls
5 eggs beaten
1/2 tsp. dried oregano

Cook and drain sausage. Line bottom and 1/2 side of lightly greased 13" x 9" dish with rolls. Sprinkle sausage over dough. Top with cheese. Combine remaining ingredients and pour over casserole.

Bake at 400 degrees for 18-20 mins or until edges of rolls are brown.



Ashley worked at Annandale and helped Jackie make beautiful arts and crafts and painted her fingernails!

Sesame Flax Crackers

Karen Webster, Cofounder, Healthy Seminarians, Decatur, GA.

½ cup ground flax seeds
½ cup golden flax seeds
½ cup sesame seeds
1 cup water
1½ TB tamari
½ tsp garlic powder

In medium bowl, combine all ingredients and stir well. Cover and let stand at room temperature for 1 hour. The mixture will thicken up considerably and form a dough that is thick and gelatinous but still pourable; add a bit of water if it's too sticky.

About 15 minutes before you plan to bake the crackers, preheat the oven to 350 degrees. Line a baking sheet with parchment paper. Transfer the dough to the lined baking sheet and spread it as evenly as possible. Score the dough lightly with a pizza roller to indicate the eventual cracker shapes; you can make as few as 15 or as many as 35, but 25 or so is a good number.

Bake for 30-35 minutes, until lightly browned. Turn off oven, and leave the door slightly ajar, and leave he pan in the oven so the crackers can dry and set. When crackers are cool, break them apart. Stored in an airtight container at room temperature, the crackers will keep for about 2 weeks.



Karen's husband Travis running near Mt. Tallac, Lake Tahoe

Spinach, Bacon & Gruyere Breakfast Casserole

Jackie Brantley, Annandale Village, Suwanee, GA.

6 slices center cut bacon
1½ cups chopped yellow onion
4 garlic cloves, sliced
6 oz. fresh spinach, chopped
6 oz. whole-grain bread, in 1" cubes
½ tsp freshly ground black pepper
¼ tsp kosher salt
¾ cup 2% milk
¾ cu plain low fat Greek yogurt
4 large eggs
2 large egg whites
1 TB Dijon Mustard
5 oz. Gruyere cheese, shredded
Cooking Spray

Cook bacon in large skillet over medium heat until crisp, about 6 minutes. Transfer to paper towels, reserve 1½ TB drippings in the skillet. Discard reaming fat and chop bacon. Add onions and garlic to drippings in skillet over medium-high heat; cook stirring occasionally, until onion is tender, about 10 minutes. Add spinach; cook until wilted, about 2 minutes. Toss together bacon, onion mixture, bread cubes, and cheese in a large bowl. Arrange mixture evenly in an 8" square baking dish coated with cooking spray.

Combine milk, yogurt, eggs, egg whites, mustard, pepper and salt in a large bowl stir with whisk until well combined. Pour evenly over bread mixture in baking dish. Cover and chill overnight in refrigerator.

Pre-heat oven to 350 degrees. Uncover baking dish; let casserole stand at room temperature as oven preheats. Bake casserole until top is browned and a knife inserted in center comes out clean, about 1 hour. Let stand for 5 minutes before serving. Serves: 6



Jackie baking Banana Nut muffins for her brother Dave, June 2019

Strawberry-Kiwi Jam

Jackie Brantley, Annandale Village, Suwanee, GA.

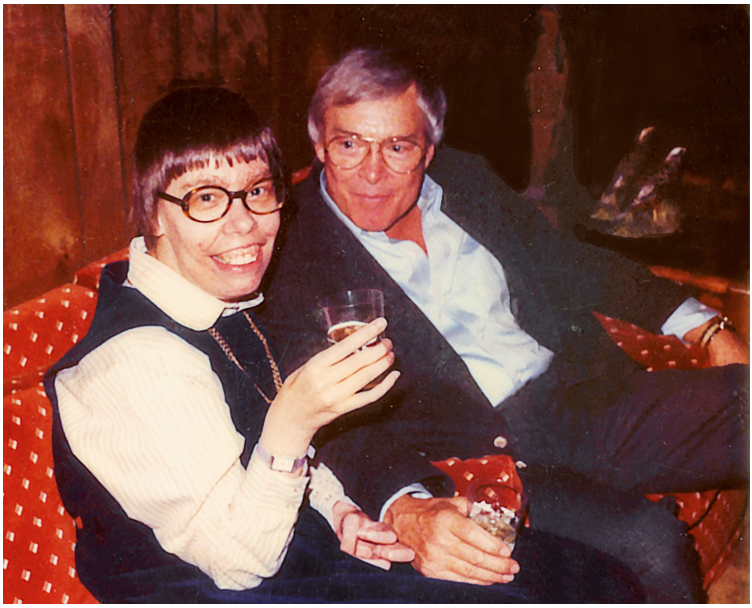
Makes: About (4) 1-cup jars

3 lbs. Strawberries, sliced ½"
4-5 Kiwi, peeled, cut into ½" pieces
2½ cups sugar
Jars for canning
Juice of 1-1/2 lemons
4 sprigs of mint Leaves diced
½ tsp butter

Kiwi is very high in natural pectin and will help any jam set up. The flavor is so mild that it does not interfere with the main fruit of your jam. It really works.

Place cut fruit, sugar, lemon juice and mint into a bowl and stir to combine. Cover and let remain in bowl for 2 hours to macerate. Turn out into your jam pot and bring to a boil, stirring frequently. The jam will froth quite a bit. Continue to cook and stir for about 30-40 minutes. After that time, the froth will begin to dissipate and you can see clear jam below. It will have thickened quite a bit by now. Add the butter and it will cut through the remaining froth. Cook another 5 minutes or so and your jam is ready.

Spoon into prepared, sterilized boiling ball jars (I use a funnel). Wipe the lips of the jars clean and seal with lids.



Jackie having "cocktails" with her Dad

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